

Making Connections – Apple Nacho Snack



This snack is a healthy and fun twist on nachos that kids will love to make and eat. Let them make it at home or you may be able to do it together on your next Private Family Visit. Make sure to take the time to talk about this snack and see what how your child like it, what they want to try next, etc.

What you need:

- Apples (approximately 2)
- $\frac{1}{2}$ cup of peanut butter or chocolate sauce. For a healthier snack try yogurt
- Toppings: mini marshmallows, chocolate chips, shredded coconut, etc.
 - For a healthier snack try or mix in:
 - o Raisins
 - o Cranberries / Blueberries / Strawberries
 - o Dried fruit
 - o Almonds / Walnuts / Pecans
 - o Sunflower seeds
 - o Granola
 - o Cinnamon
- Small microwavable bowl



What to do:

1. Cut the apples into very thin wedges
2. Spread out the apples out evenly onto a plate
3. Put the peanut butter into a microwavable bowl and heat it in the microwave for approximately 30-45 seconds, or until peanut butter is melted
4. Drizzle peanut butter over the apple wedges
5. Sprinkle your favourite toppings over the wedges
6. Enjoy!

