

# Apple Cookies

(serves 2)

## Ingredients:

1 Large Apple  
1 T Peanut Butter (or almond butter)  
1 T Unsweetened Coconut Flakes  
1 T Mini Chocolate Chips  
Cinnamon



Directions: Wash and core the apple, then slice into rounds. Top each slice with a thin layer of peanut butter, coconut, and chocolate chips. Enjoy!

Notes: Additional or alternative options include: raisins, blueberries, chopped nuts, strawberries, cocoa powder etc.



Recipe by: Elizabeth Michaels, RD, CDE

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**Nutrition Information per serving  
(Half Recipe)**

**Calories: 125**

**Fat: 6.5 grams**

**Carbohydrates: 16 grams**

**Fiber: 3.5 grams**

**Protein: 2.5 grams**

**Sodium: 41 mg**

**Compare  
Choc Chip Cookies (3):**

**Calories: 285**

**Fat: 15 g**

**Carbs: 30 g**

**Fiber: <1 g**

**Protein: 2.5 g**

**Sodium: 180 mg**

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