



Apple Cookies for 2

½ apple = 1 add on

Slice the apple into thin rings and remove core. Spread natural peanut butter or your choice of nut butter over one side of ring. Top with almonds, walnuts, coconut, and dark chocolate chips.

Baked Apples

1 small apple = 1 fruit

Slice up an apple, sprinkle with cinnamon and/or brown sugar stevia and wrap it all up in foil. Bake on the campfire for a delicious snack.

