



## Apple and Peanut Butter Slices

This is great for anyone who has a sweet tooth. Aim for a peanut butter that doesn't contain any rubbish (100% roasted peanuts is best – you can roast and blend your own in a matter of minutes!). This snack will feel like a real treat at your desk.

Serves 1

### Ingredients

- 1 apple
- 1 tbsp peanut butter
- 30g dried fruit of choice



### Method

1. Carefully core the apple. Place it on it's side and slice through the circumference by cutting ½ cm wide slices
2. Divide the peanut butter equally between the slices of apple and sprinkle with dried fruit
3. Eat singularly or pair together to make fruity peanut butter sandwiches

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