



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

The Grange
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