

**WHY
ACT
NOW**

APPLE STACKS



Ingredients

- 1 medium apple
- 2 tablespoons natural peanut or almond butter
- 2 tablespoons flake oats
- Miniature box of raisins
- Sprinkle of cinnamon

Directions

Wash apple, pat dry, remove core. Cut into 4 even slices. Spread nut butter, top with oats, raisins & cinnamon. *Makes 1 serving.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 361	Calories from Fat 153
% Daily Values*	
Total Fat 17g	26%
Saturated Fat 2g	10%
Trans Fat 0g	
Sodium 4mg	0%
Total Carbohydrate 47g	16%
Dietary Fiber 7g	28%
Sugars 23g	
Protein 11g	22%

*Percent Daily Values are based on a 2,000 calorie diet.

Apples contain Vitamin C which helps your immune system. **Peanut butter** is packed with nutrients, healthy fats, protein and fiber!