

# Monster Apples

Put a spooky twist on apples and peanut butter with these monster apples - a perfect Halloween snack!



Makes 2 Servings  
1 serving = 2-4 "monsters"

## Ingredients

- 1 apple - green or red
- 2 Tablespoons peanut butter, no sugar added
- 1/2 lemon, juiced
- 2 Tablespoons Sunflower seeds, or more if needed
- 8-16 Edible googly eyes (optional)

## Directions

1. Cut the apple into quarters. Remove the core with a paring knife or with a round, metal measuring spoon.
2. Cut each apple quarter into slices that are about 1/2 inch thick. Depending on the size of your apple you should have 8-16 slices of apple. Toss these in a bowl with the lemon juice to prevent browning.
3. Spread a thin layer of peanut butter on one side of each apple slice.
4. Push the sunflower seeds into the apple slices on the same side that has the peanut butter. These should be near the skin of the apple. They will be the 'teeth' of the monsters.
5. Assemble the apple monsters by stacking together two pieces of apple, peanut butter sides together.
6. (optional) Use a small dab of peanut butter to 'glue' the edible googly eyes on the top piece of apple.

Feel free to use different types of nut butters. Sunflower seed butter is a great option for anyone with a nut allergy. You can also use different nuts and seeds for the 'teeth', such as slivered almonds or pepitas.

Nutrition Facts	Amount Per Serving			
	Total Fat	12 g	Total Carbohydrates	17 g
2 Serving	Saturated Fat	1.5 g	Fiber	4 g
Serving Size 2-4 "monsters"	Trans Fat	0 g	Total Sugars	10 g
	Cholesterol	0 g	Added Sugars	0 g
Calories Per Serving 190	Sodium	55 mg	Protein	5 g
	Vitamin D	0 %	Calcium	0 %
	Iron	2 %	Potassium	200 mg

\*Nutrition information is approximate and can vary based on factors such as precision of measurements, brands, ingredient freshness, or the source of nutrition data.