



Apple-Peanut Butter Breakfast Nachos

Prep: 15 minutes • Serves: 4

1. Coconut: In small skillet, toast $\frac{1}{4}$ cup unsweetened coconut flakes over medium heat 3 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.

2. Peanut Butter: In small bowl, whisk $\frac{1}{3}$ cup creamy unsalted peanut butter and $\frac{1}{3}$ cup warm water.

3. Apples: Cut 2 medium Fuji or Gala apples into quarters; remove cores and slice $\frac{1}{8}$ -inch thick. On serving plate, layer half the apples and drizzle with peanut butter mixture; repeat layers.

4. Granola: Sprinkle $\frac{1}{2}$ cup granola over nachos.

5. Dried Cherries: Sprinkle $\frac{1}{4}$ cup sweetened dried cherries and toasted coconut over nachos. Makes about 5 cups.

*Approximate nutritional values per serving (1 $\frac{1}{4}$ cups):
280 Calories, 14g Fat (5g Saturated), 0mg Cholesterol, 41mg Sodium,
35g Carbohydrates, 5g Fiber, 20g Sugars, 7g Protein*

Chef Tip

Apple cores can be composted or used for juicing after removing the seeds.

Dietitian's Dish

> Apples are a good source of vitamin C, antioxidants and fiber, which should help with immunity and gut health. Some believe a healthier gut will improve overall health and wellness. Whether that is proven or not, there's no downside to eating more apples.