

Snack:

Apple with Homemade Almond Butter

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Almond butter yield: 16 at 2 tablespoons each

Ingredients:

4 granny smith, pink lady or favorite apple (cut in your favorite snacking style)

2 cups whole dry roasted almonds

1 tablespoon oil (vegetable, peanut or canola)

Method of Preparation:

1. Pour almonds into food processor and pulse/process until the almonds go from whole to finely ground. If they aren't coming together, add oil.
2. Process again until the almonds resemble a thick, smooth texture.
3. Serve apples with almond butter on side for dipping.
4. Almond butter can be kept stored in the refrigerator for up to 3 weeks.



Nutritional Analysis:

Calories: 294

Carbohydrates: 36 g

Sodium: 3 mg

Protein: 7 g

Fat: 16 g

Fiber: 9 g