

## APPLE COOKIES (1 SERVING)

### INGREDIENTS

- 1 apple
- 2 tablespoons PB2  
(powdered peanut butter)
- 1 tsp Sliced almonds (no salt)
- 1 tbsp Coconut shreds
- 1 tbsp Dark chocolate chips



### INSTRUCTIONS

1. Remove core and slice apple into 5 or more thin rings.
2. Spread peanut butter over one side of ring.
3. Top with almonds, coconut shreds, and chocolate chips.

Nutrition information (per apple):

**Apple + 2 tbsp PB2**

105 calories  
20 g carbohydrate  
5 g protein  
1.5 g fat  
0 g saturated fat

**1 tbsp dark choc chips**

70 calories  
9 g carbohydrate  
1 g protein  
4.5 g fat  
3 g saturated fat

**1 tbsp sliced almonds**

32 calories  
1 g carbohydrate  
1 g protein  
3 g fat

**1 tbsp coconut**

35 calories  
3 g carbohydrate  
0 g protein  
2.5 g fat  
2 g saturated fat

**Apple + 2 tbsp PB2 + 1 tbsp dark choc chips + 1 tbsp almonds + 1 tbsp coconut**

240 calories      33 g carbohydrate      7 g protein      10 g fat      5 g saturated fat