



under
5 mins

Snack

Sliced apple with peanut butter dip

(Uncooked)

Allergens



NUTS

Utensils



Kitchen roll



Chopping board
and sharp knife



Spoon

You will need...



One apple
of choice

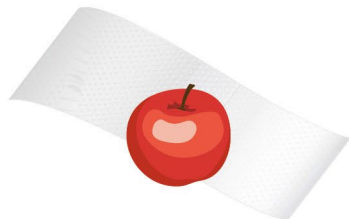


20g chunky
peanut butter

- 1** Remove the sticker and rinse the apple under the tap



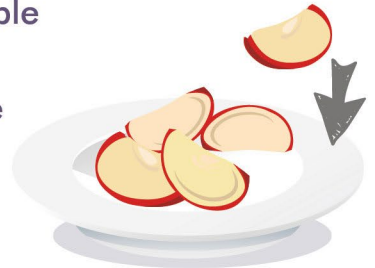
- 2** Pat dry with kitchen roll



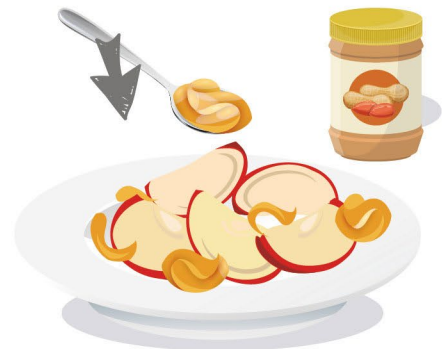
- 3** Cut the apple into wedges. Throw away the core and pips



- 4** Put the apple slices on a small plate



- 5** Dollop the peanut butter on the plate ready for dipping



Enjoy your snack...