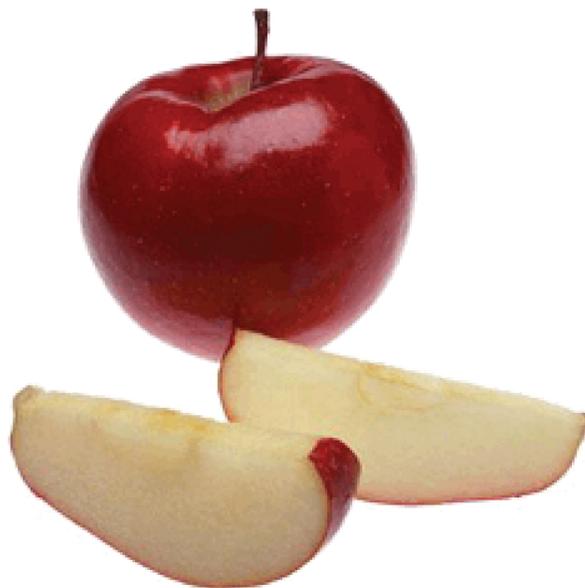




DIY APPLE SNACK PACK

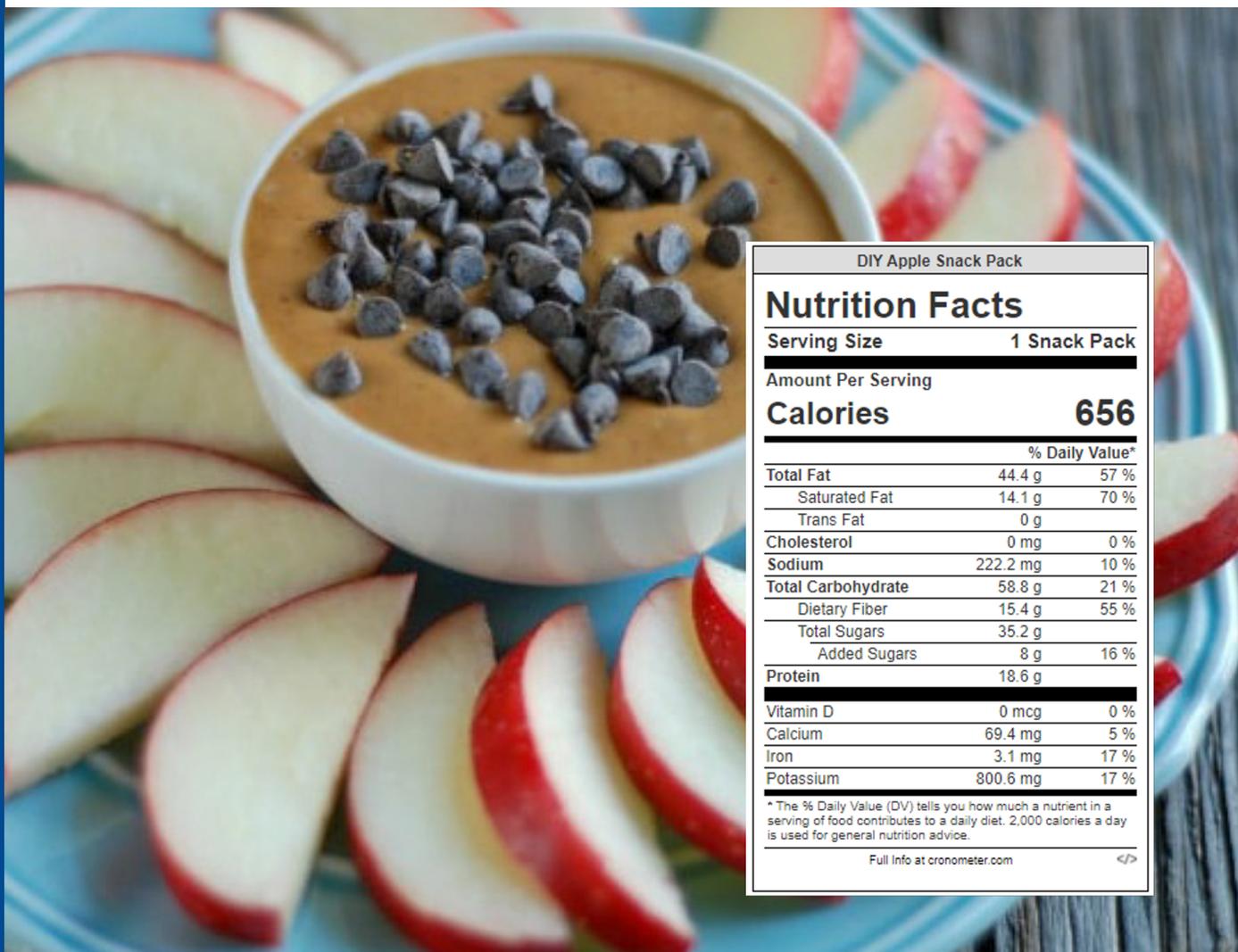
INGREDIENTS

- 1 apple, sliced & cored
- 4 tbsp peanut butter
- 4 tbsp chocolate chips



DIRECTIONS

Plate peanut butter and chocolate chips. Slice and core an apple using an apple cutter.



DIY Apple Snack Pack		
Nutrition Facts		
Serving Size	1 Snack Pack	
Amount Per Serving		
Calories	656	
% Daily Value*		
Total Fat	44.4 g	57 %
Saturated Fat	14.1 g	70 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	222.2 mg	10 %
Total Carbohydrate	58.8 g	21 %
Dietary Fiber	15.4 g	55 %
Total Sugars	35.2 g	
Added Sugars	8 g	16 %
Protein	18.6 g	
Vitamin D	0 mcg	0 %
Calcium	69.4 mg	5 %
Iron	3.1 mg	17 %
Potassium	800.6 mg	17 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com