

Ingredients:

2 Tablespoons peanut butter
2 whole-wheat English muffins, cut in half and toasted
1 apple
Cinnamon

Peanut Butter Muffin
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Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Spread peanut butter on muffin halves.
3. Cut apple in half, Remove core section and seeds. Cut apple in very thin slices.
4. Top English muffins with apple slices. Sprinkle with cinnamon.
5. Eat and enjoy.

Nutrition Facts (Per Serving)

Calories 134; Carbohydrate, 20 g; Protein, 5 g; Total Fat 5 g; Saturated Fat 1 g; Trans Fat 0 g; Cholesterol 0 mg; Fiber 4 g; Total Sugars, 7 g; Sodium 192 mg; Calcium 91 mg; Folate, 22 mcg; Iron 1 mg; and Percentage of Calories from Fat 34%.

Makes 4 servings

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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