



Healthy Dad Recipes

APPLE CARTWHEELS

Yield: about 2 dozen

Ingredients:

¼ cup	peanut butter
1 ½ tsp	honey
½ cup	miniature semisweet chocolate chips
2 tbsp	raisins
4	unpeeled Red Delicious apples cored



Instructions:

- In a small bowl, combine peanut butter and honey; fold in chocolate chips and raisins.
- Fill centers of apples with peanut butter mixture; refrigerate for at least 1 hour. Cut into 1/4-in. rings.

Nutritional Facts:

1 apple ring equals 50 calories, 3 g fat (1 g saturated fat), 0 cholesterol, 13 mg sodium, 7 g carbohydrate, 1 g fiber, 1 g protein.

Recipe courtesy of tasteofhome.com