



**Prep Time: 5 minutes**

**Yield: 8 cookies**

## INGREDIENTS

- 1 Apple
- 1/4 cup nut or seed butter or thick yogurt
- 1/3 cup Muesli, Granola, or non-sugary cereal

## VARIATIONS

Mix toppings to include a variety, including various seeds, nuts, fruit, and raisins

## DIRECTIONS

- **CORE** the apples
- **SLICE** the apple horizontally into thin rings (about 8 for a medium to large apple)
- **SPREAD** the nut butter or yogurt on each apple ring
- **SPRINKLE** the muesli on top & **ENJOY!**