



diabetes

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Apple Nachos

Mobile Market Cooking Demo w/ Chef April Muhammad



INGREDIENTS	INSTRUCTIONS
1-2 Granny Smith Apples (or anything in season) 3 Tablespoons Honey (sugar-free if available) 3 Tablespoons Peanut Butter 1 Tablespoon Mini Chocolate Chips	1. Prepare your apples, first washing them and then removing the core before cutting them into quarter inch slices. If you are using lemon juice to prevent browning, place the apples in a bowl and toss them in the lemon juice. 2. Arrange the apples on a large plate or platter. 3. Drizzle the honey over the apples. Then top with the remaining ingredients before serving.

Recipe Notes: This is a great diabetic snack to cure that sweet tooth. Low in sugar but more importantly low in carbs your glucose levels shouldn't spike. Anything can be added which makes it a great way to utilize some of the random things in the refrigerator or pantry. Recipe by Barbara Roberts.

Nutrition: Calories: 55kcal | Carbohydrates: 2g | Protein: 3g | Fat: 2g | Fiber: 2g | Sugar: 9g

*Nutrition will change based on toppings.

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