

Apple Nachos (two versions)

from *Taste of Home* October/November 2010,

Ingredients

- 4 medium tart apples, cored and cut into 1/4-inch slices
- 1/3 cup caramel sauce
- 1/3 cup chopped dry roasted peanuts
- 1/3 cup miniature semisweet chocolate chips
- 3 Tbsp Halloween sprinkles



Directions

Arrange apple slices on a large platter. Drizzle with caramel sauce. Sprinkle with peanuts, chocolate chips and sprinkles. Serve immediately. If you have the gumption to make the caramel sauce - melt 36 caramels in the microwave with 1 Tbsp water.

Yield: 6 cups.

Nutritional Facts 1/4 cup: 60 calories, 2.5g fat (1g saturated fat), 0mg cholesterol, 5mg sodium, 9g carbohydrate (6g sugars, 1g fiber), 1g protein.

From American Heart Association



Ingredients

- 1/3 cup dried, unsweetened cranberries or raisins
- 1/4 cup sliced almonds, unsalted
- 2 Tbsp hulled, unsalted sunflower seeds
- 3 red or green apples, cored & thinly sliced into about 12 pieces each
- 1/2 tsp lemon juice
- 1/2 Tbsp boiling hot water
- 1/4 cup PB2 powder
- 1 Tbsp honey

In a small bowl, combine dried cranberries/ raisins, almonds, and sunflower seeds. Core each apple and thinly slice into about 12 pieces each. Layer half the apples onto a large plate or platter. If the apple slices will be sitting out for a while, sprinkle a little lemon juice over them to prevent browning. In a small bowl, combine hot water, peanut butter, and honey. Use a spoon and stir until mixture is smooth. Use the spoon to drizzle half the peanut butter mixture over the plated apple slices; sprinkle with half the cranberry mixture. Layer the remaining apples on top and repeat with remaining peanut butter and cranberry mixture. Serve.

Yield: 4 1/2 cups.

Nutritional Facts 3/4 cup: 35 calories, 1g fat (0g saturated), 0mg cholesterol, 10mg sodium, 6g carbohydrate (4g sugars, 2g fiber), 1g protein.