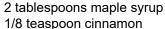
Apple Wedges with Pumpkin Almond Butter

4 servings

Ingredients:

For the Dip:

1/2 cup pumpkin puree (canned or from scratch) 1/3 cup almond butter (or crunchy peanut butter)



Apple Slices:

24 slices golden delicious apple slices 24 slices granny smith apple slices

Preparation:

- 1. Mix together dip ingredients.
- 2. Serve with apple slices.

Source: https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/apple-wedges-pumpkin-almond-butter



Apple Wedges with Pumpkin Almond Butter

4 servings

Ingredients:

For the Dip:

1/2 cup pumpkin puree (canned or from scratch) 1/3 cup almond butter (or crunchy peanut butter) 2 tablespoons maple syrup 1/8 teaspoon cinnamon

Apple Slices:

24 slices golden delicious apple slices 24 slices granny smith apple slices

Preparation:

- 1. Mix together dip ingredients.
- 2. Serve with apple slices.

Source: https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/apple-wedges-pumpkin-almond-butter









Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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