

Nut Butter and Fruit



Ingredients:

- 1 tablespoon nut butter, apple, almond, or other nut butter
- 1/4 cup, dates or 1 small apple, sliced (leave skin on the apple), or other fruit

Directions:

1. Spread nut butter on each slice of fruit
2. May be served at room temperature or chilled.

Involving children may help curb pickiness.

Makes 1 serving



Tarrant County Public Health
<http://health.tarrantcounty.com>