Apple Slice Cookies

FOOD WISE
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Ingredients (makes 6 slices, serving size: 1 slice)

- 1 medium or large Apple
- 1/4 cup Sunflower seed butter (Sun Butter)
- 1/4 cup Craisins (dried cranberries)
- 1/4 cup Fresh or frozen (thawed) blueberries
- 1/4 cup Unsweetened coconut flakes (optional)

Directions

1. Slice apple into thin rings and remove core.
2. Set each of the apple slices onto a sheet of paper towel and blot the tops with another paper towel
3. Spread a layer of sunflower seed butter on one side of each apple slice.
4. Top with craisins, blueberries and coconut flakes.

Nutrition Information- Per serving

Calories	114	Total Sugars	5.2g	Sodium	56mg
Protein	2.3g	Total Fat	7.2g	Cholesterol	0mg
Carbohydrate	11.4g	Saturated Fat	2.2g	Fiber	1.9g