

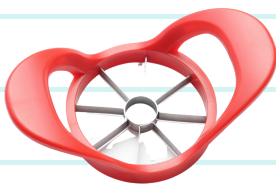
APPLE SNACKS

Healthy and delicious!

Apples are at the peak of their season in the fall, so take advantage of these sweet and delicious fruits to make some fun apple snacks. To check out our video on apples, visit the Mooresville Public Library's Virtual Program page <https://tinyurl.com/mplvirtual>

APPLE GRINS

Slice an apple. Be sure to **get help from a grown-up if you're using a sharp knife**. If you have an apple slicing tool, that's a great safe way for kids too young to use a knife to cut their own apples.

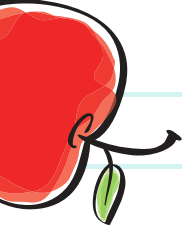


Add something sticky. Choose a sticky food like **peanut** or other **nut butter**, **Nutella**, **hummus**, **honey**, or **cream cheese** and spread it on one side of two apple slices.

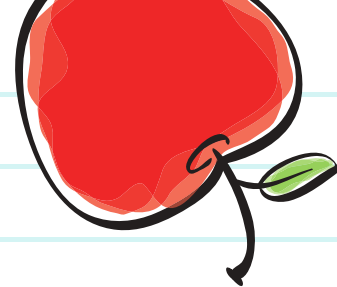
Add Teeth! Line up **mini-marshmallows**, **cheese cubes**, **nuts**, **chocolate chips**, or **raisins** to one slice, near the peel end.

Make it Smile. Put the second apple slice on top of the "teeth" to make a creepy apple grin. Then... take a bite!





APPLE SANDWICHES



If you have an apple corer, core the apples (if not, then remove the core after slicing with a small round cookie cutter.)

Slice apples crosswise, about 1/2 inch thick.

Ask a grown-up to help with slicing!

Spread something sticky on one side of each slice: peanut butter or another nut butter, Nutella, honey, cream cheese, yogurt, hummus, or jelly.

Get creative with toppings! Think about what would taste good with the "sticky" you used. Here are some possibilities:

Sweet:

- Granola
- Raisins/Craisins
- Chocolate chips
- M&Ms
- Coconut
- Chopped nuts
- Sunflower seeds
- Cereal
- Pomegranate seeds

Savory:

- Chopped nuts
- Sunflower seeds
- Bacon bits
- Cheese slices
- Deli meats like ham or turkey
- Pretzel pieces

Complete your sandwich with another apple slice and enjoy!

