

## Apple-Nut Butter★'s

### **Apple★'s Ingredients:**

Any Apple, sliced like image  
Natural Peanut or Almond Butter,  
creamy or crunchy

**Directions:** Cut out the star using the pattern from nature inside the apple on only ONE side of the apple slice. **One star, one blank slice.**

The image is a pretty idea, but not necessary. You can make this snack your own. This is a great "kid approved" snack in any shape!



### **Roll-up Ingredients:**

Deli Meat Turkey Breast Slices  
Cheese Slice or Cheese Stick  
(Avoid American/Processed Cheese)  
Any type of Apple you like

**Directions:** Wrap -n- Roll!

### **Full Meal/Snack Portions:**

#### **2 Unit Portion:**

1 whole apple  
1 Tbsp. either nut butter  
1 oz. turkey breast deli meat  
1 oz. cheese slice/stick

#### **3 Unit Portion:**

1 1/2 whole apple  
1 1/2 Tbsp. either nut butter  
2 oz. turkey breast deli meat  
1 oz. cheese slice/stick

#### **4 Unit Portion:**

2 whole apples  
2 Tbsp. either nut butter  
3 oz. turkey breast deli meat  
1 oz. cheese slice/stick

#### **5 Unit Portion:**

2 1/2 apples  
2 1/2 Tbsp. either nut butter  
4 oz. turkey breast deli meat  
1 oz. cheese slice/stick

## Turkey-Cheese Roll-ups