

Creamy Apple Bites

Ingredients

- 3 crisp apples
- 6 ounces of whipped cream cheese
- ½ cup thinly sliced celery
- 3 tablespoons of chopped walnuts (or other nuts/seeds)
- ½ cup of dried cranberries or raisins
- *Optional: 3 tablespoons chopped chives, 3-4 tablespoons of honey*

Nutrition Tip:
Pairing fruits and veggies with healthy fats and proteins can help satisfy and curb hunger.



Directions

Lay an apple on its side and slice into ¼ inch thick slices. Gently remove seeds. Repeat with remaining apples. Spread each apple slice with cheese. Sprinkle with celery, walnuts, and dried cranberries. If desired, drizzle with honey and chives. Serve immediately. Makes 10-12 servings.

Running low on time? Mix cream cheese, celery, walnuts and dried cranberries together into a dip. Chop up larger chunk apple slices and bring together with creamy dip for an on-the-go snack.

Recipe adapted from <https://foolproofliving.com/cheesy-apple-bites-2/>

Get more recipes at

uhs.berkeley.edu/studentnutrition

Berkeley

