

Apple Wedges with Pumpkin Almond Butter

4 servings

Ingredients:

For the Dip:

- 1/2 cup pumpkin puree
(canned or from scratch)
- 1/3 cup almond butter
(or crunchy peanut butter)
- 2 tablespoons maple syrup
- 1/8 teaspoon cinnamon



Apple Slices:

- 24 slices golden delicious apple slices
- 24 slices granny smith apple slices

Preparation:

1. Mix together dip ingredients.
2. Serve with apple slices.

Source: <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/apple-wedges-pumpkin-almond-butter>

Nutrition Facts	
Serving Size 12 slices/1/4 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 244	
% Daily Value *	
Total Fat	13g
Saturated Fat	2g
Trans Fat	
Cholesterol	0mg
Sodium	100mg
Total Carbohydrate	33g
Dietary Fiber	7g
Sugars	24g
Protein	5g
Vitamin A	242mcg RAE
Vitamin C	8mg
Calcium	104mg
Iron	1mg
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 · Carbohydrate 4 · Protein 4

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