



**Dart's Dish** on healthy eating!

# Smiling Apples



**Ingredients:** 1 apple, miniature marshmallows, peanut butter

**Directions:** Wash, core, and slice apple into eight pieces. Spread peanut butter on one side. Place three marshmallows on top of peanut butter on one slice. Top with another apple slice, peanut butter side down. Press together gently. Makes four “smiles!”

**Modification:** Try substituting other nut butters for peanut butter. Some children may be allergic to peanut butter, if so try yogurt, cream cheese, or just a slice of cheese. Other healthy replacements for marshmallows are nuts, blueberries, coconut, or granola.

**FAMILY ENGAGEMENT**