

Kids in the Kitchen



APPLE NACHOS

INGREDIENTS

- 5 apples – Gala, Honeycrisp, or Fuji recommended (fiber helps with digestion and steady blood sugar)
- 3–4 Tbsp peanut butter, almond butter, or nut butter of choice (extra calories & healthy fats)
- ¼ cup chocolate chips (mini or dark chocolate work well)
- 2 Tbsp crushed nuts or seeds – walnuts, pecans, pumpkin seeds (optional but adds calories & omega-3s)
- 1 Tbsp shredded coconut (optional, for extra calories & flavor)
- Pinch of salt (helps replace salt lost through sweat – especially after activity!)
- Enzymes: If taken, have them ready before eating since this snack combines carbs and fat.

DIRECTIONS

1. Wash and slice apples into thin wedges.
2. Arrange half of the apples on a plate or platter.
3. Warm nut butter in the microwave for 15–20 seconds to make it easier to drizzle.
4. Drizzle half of the nut butter over the first apple layer.
5. Sprinkle half of the chocolate chips, nuts/seeds, coconut, and a tiny pinch of salt.
6. Repeat layers with remaining apples and toppings.
7. Serve immediately. (If packing to-go, toss apple slices in a little lemon juice to prevent browning.)

CF NUTRITION BOOSTING TIPS

ADD MORE FAT

Drizzle a little heavy cream, caramel sauce, or even a touch of olive oil for extra calories.

PACK IN PROTEIN

Add Greek yogurt on the side for dipping.

ENZYME REMINDER

Since this recipe mixes carbs + fat, remember to take pancreatic enzymes if prescribed.

