



## Quick And Fancy Apples

### Serves 1

- 1 apple cut into small chunks (skin on preferred)
- 1/2 cup nuts (assorted or your favorite)
- 2 tablespoons maple syrup or almond butter

Just cut an apple up and add chopped walnuts, or a mix of nuts if you prefer. Add some maple syrup or have it with almond butter or peanut butter. Mix it up.