

# APPLE LOOPS



## INGREDIENTS

- 4 large apples of choice
- 7 tablespoons of nut butter of choice (or sunflower butter)
- Toppings of choice  
(blueberries, mini chocolate chips, granola, chia seeds, hemp seed, sprinkles)

***Makes 12-15 loops***

## PATH TO DELICIOUSNESS

1. Slice apples width-wise into 1/2 inch rounds and cut out core with a small round cookie cutter.
2. Spread each slice with nut butter or sunflower butter.
3. Decorate your loop by sprinkling on your topping of choice.