

Apple Nachos

3 ingredients · 5 minutes · 1 serving



Directions

1. Arrange apple slices on a serving plate. Drizzle sunflower seed butter and sprinkle granola ontop. Enjoy!

Notes

No Granola

Use any nuts or seeds, raisins, dark chocolate chips or shredded coconut instead.

No Sunflower Seed Butter

Use any nut butter, maple butter, melted coconut butter, melted dark chocolate or caramel instead.

Homemade Granola

Try this recipe with our Paleo Granola, Pumpkin Spice Granola or Banana Coconut Granola.

Ingredients

- 1 Apple (sliced)
- 1 **tbsp** Sunflower Seed Butter
- 1/4 **cup** Granola

Nutrition

Amount per serving

Calories	343	Vitamin D	0IU
Fat	17g	Vitamin E	7mg
Carbs	45g	Thiamine	0.2mg
Fiber	8g	Riboflavin	0.2mg
Sugar	27g	Niacin	2mg
Protein	7g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	69µg
Sodium	10mg	Vitamin B12	0µg
Potassium	452mg	Phosphorous	259mg
Vitamin A	112IU	Magnesium	110mg
Vitamin C	9mg	Zinc	2mg
Calcium	44mg	Selenium	24µg
Iron	2mg		