Creamy Apple Bites

Nutrition Facts:

140 Calories

7g of Fat

16g of Carbs

6g of Sugar

1g of Fiber

4g of Protein

You Need:

- 5 Ritz Crackers
- 2 Tbsp. Of Fat-Free Cream cheese spread
- 5 Thin Apple Slices
- 1/8 Tsp. of Cinnamon Sugar

How To:

- Spread Crackers with cream cheese
- Top with apple slices
- Sprinkle with cinnamon sugar

Prep Time: 5 minutes

Total Time: 5 minutes

Makes: 1 serving

YUM!

APPLE FACTS

All-purpose apples for both eating raw and cooking include Cortland, Granny Smith, Jonathan, Fuji, Gravenstein, Empire, Jonagold, McIntosh, Pippin, Spy and Winesap. Best snacking and salad apples are Gala, Golden Delicious and Red Delicious.