

# fruity peanut butter sandwich



Total Time: **10 minutes**

Prep Time: **5 minutes**

**ingredients** (Servings: 4 large sandwiches (6 small ones))

2 Granny Smith apples

3/4 cup crunchy peanut butter

1/4 cup celery, diced small

1/4 cup raisins

4 English muffins, toasted

1 cup alfalfa sprouts (or 4 leaves of romaine or iceberg lettuce)

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## directions

**step 1:** Cut both apples into halves; core and remove the seeds. (Leave the peel on.) Dice one apple into small pieces. Place the peanut butter, celery, raisins and the chopped apple in a small bowl and stir until combined.

**step 2:** Split and toast the English muffins. While the muffins are toasting, slice the second apple into thin slices.

**step 3:** Remove the muffin halves from the toaster and spread 1/4 of the peanut butter mixture on the bottom half of each English muffin.

**step 4:** Top with alfalfa sprouts or lettuce,

and place apple slices on top.

**step 5:** Serve open faced or cover with other half of the English muffin.

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