



Tasty Appetizers

With Minimum Ingredients

For Children

1 Apple nachos



1. Thinly slice green apples and toss with coconut oil and cinnamon powder.
2. Bake in a single layer at 350°F for about 20 minutes.
3. Top with chopped nuts, peanut butter, and choco chips.

2 Pecan yogurt mix



1. Take 4oz. of yogurt in a small cup.
2. Add crushed or broken roasted pecan nuts and small chunks of apple.
3. Top with chopped nuts, peanut butter, and choco chips.

3 Baked sweet potato chips



1. Make thin slices of sweet potatoes and toss them with salt and olive oil.
2. Spread in a single layer on a baking tray and bake at 250°F for about an hour.
3. Sprinkle some roasted sesame seeds and serve.