Get Up & Move!

Stuffed Apples Recipe

½ cup peanut butter
½ cup nonfat dry milk
¼ cup crushed cereal
¼ cup corn syrup

Apples washed and cored

Instructions: In a large bowl, mix peanut butter, dry milk, crushed cereal and corn syrup. Stuff the filling into the center of the apple where the core was. Slice into circles.

Will stuff 4 – 6 medium apples.

For those with peanut allergies, substitute sliced apples or low fat cream cheese as the stuffing. Be sure you have a clean cutting surface, sharp knife, and have adult supervision as the apples are cored and sliced.