



APPLE CHEESE BOAT

SERVES
1

INGREDIENTS

- ½ an apple
- 1 thick slice Canadian cheddar cheese
- 1 tbsp (15 mL) puffed rice cereal
- 2 tsp (10 mL) peanut butter
- Toothpick

NOTES

Large pieces of apple, thickly spread peanut butter and toothpicks are choking risks for children under the age of 4.

Remove toothpick from apple cheese boat before eating.

DIRECTIONS

Adults:

1. Cut the apple so the stem is on the bottom and the apple sits flat.
2. Use a paring knife to cut around the core of the apple. Push out core and discard.

Children:

1. Cut a slice of cheese into a triangle with a butter knife.
2. Spread peanut butter on the cut side of the apple.
3. Pour cereal on a small plate. Press the apple with peanut butter side down into the cereal.
4. Use a toothpick to attach the cheese to the apple.



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