



Peanut Butter and Fruit Platter

An easy snack that is healthy and fun!

Prep Time:
5 minutes

Course: Snack Cuisine: American, Plant Based, Vegetarian Keyword: butter board
Servings: 6 people Calories: 212kcal Author: Judy Doherty

Ingredients

- 0.75 cup peanut butter
- 3 each apple cut in wedges, core removed
- 0.75 cup raspberries or any fruit
- 3 each graham cracker broken into bits
- 3 tsp jelly

Instructions

1. Spread the peanut butter onto a board or platter. Top with apples, jelly, and cracker bits. Enjoy!

Notes

Experiment with different nut butters and fruits!

Nutrition

Calories: 212kcal | Carbohydrates: 12g | Protein: 7g | Fat: 17g | Saturated Fat: 3g |
Polyunsaturated Fat: 4g | Monounsaturated Fat: 8g | Sodium: 143mg | Potassium: 207mg |
Fiber: 3g | Sugar: 6g | Vitamin A: 5IU | Vitamin C: 4mg | Calcium: 20mg | Iron: 1mg



Tried this recipe?

Let us know how it was!