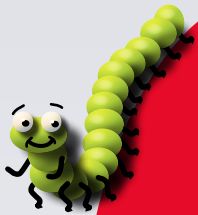


Be sure to ask an adult for help when you make a Kitchen Crafts recipe!



1 apple
peanut butter, cashew butter, or almond butter
miniature marshmallows

1. Wash your hands with soap and water.
2. Wash the apple. Have an adult help you cut the apple in half, remove the core, and cut each half into four equal wedges.
3. Spread nut butter on one cut side of each apple wedge.
4. Set miniature marshmallows in a row by the peel edge of half of the apple wedges.
5. Set another apple wedge on top of each row of marshmallows.

Apple Grins



Apple Fries

1 apple
1/2 teaspoon cinnamon
2 teaspoons sugar
cooking spray
2 tablespoons honey
3 tablespoons peanut butter, cashew butter, or almond butter



1. Wash your hands with soap and water.
2. Have an adult help you peel the apple and cut it into french-fry-shaped pieces.
3. Mix the cinnamon and sugar in a small bowl. Add the apple pieces and stir to coat them.
4. Turn the stove on medium high. Coat a pan with cooking spray. Cook the apples for 2–3 minutes, turning them halfway through. Let cool.
5. Stir the nut butter and honey together and use as dipping sauce.