



# Apple bruschetta

25'  
Hands on

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 2 red apples
- lemon juice, of 1-2 lemons
- 100 g [homemade peanut butter](#)
- 1-2 tablespoon(s) ground coconut
- 1-2 tablespoon(s) walnuts, toasted and finely chopped
- 1-2 tablespoon(s) chocolate couverture, drops
- 1 teaspoon(s) cinnamon, drops
- 1-2 tablespoon(s) raisins, golden
- 1 teaspoon(s) ginger, powder

## Διατροφικός πίνακας

Nutrition information per portion

267 Calories (kcal)	17.0 Total Fat (g)	5.8 Saturated Fat (g)	20.0 Total Carbs (g)
13%	24%	29%	8%
18.0 Sugars (g)	6.7 Protein (g)	2.9 Fibre (g)	0.17 Sodium (g)
20%	13%	12%	3%

## Method

- Remove the core of the apples with an apple corer.
- Cut into 1-1 ½ cm slices, horizontally.
- Transfer the slices to a bowl and submerge with water and lemon juice.
- Allow to soak for 10 minutes. Remove from bowl and wipe down with paper towels.
- Spread out the apple slices on a working surface and spread peanut butter over each one.
- Sprinkle with coconut, walnuts, chocolate drops, cinnamon, raisins and ginger.
- Serve.