

Apple and Peanut Butter Sandwiches

Source: [31 Delicious Low-Carb Breakfasts for a Healthy New Year](#)

Makes 4 sandwiches

Ingredients:

- 2 medium-sized, fresh apples (choose your favorite in season)
- 8 Tbsp natural, no-sugar-added peanut butter (creamy or crunchy)
- 1/3 – 1/2 cup chopped walnuts



Directions:

With a sharp knife, carefully slice apples across the horizon in 1/3 inch slices. Remove seeds from center slices. Match slices in pairs according to diameter. You should get 2 pairs from each apple (and have a little left over from the top and bottom which you can chop and toss on a salad at lunch.)

Spread 2 Tbsp. peanut butter across one apple slice. Place the other matching slice on top and press so that peanut butter smashes all the way to the edges. (You may need to add a little more peanut butter depending on the diameter of your apple slices). Repeat with the other 3 pairs of slices.

Roll the edges of each apple and peanut butter sandwich in chopped walnuts. (Note: You need to have enough peanut butter sticking out for the walnuts to stick.)



Approx. Nutr. Info per Apple Sandwich (using medium apples)

Cal: 299, Prot: 9 gm, Carb: 18 gm, Tot. Sugars (all sources occurring naturally) 9 gm, Tot. Fat: 22 gm, Sat. Fat: 2.5 gm, Trans Fat: 0 gm, Chol: 0 mg, Sod: 121 mg

Chef's tip: If you are preparing these in advance, brush the apple slices with lemon juice and store in an air tight container and the apples will not turn brown.