

Michigan Apple Snack Tips for Busy Families

Michigan Apples bring fiber, flavor and natural sweetness. Pair them with protein for satisfying snacks and sustained energy.

**Apple + Protein =
The Perfect Pair**



Pick Your Perfect Apple Pair!

Simple snack formula: Michigan Apples + Protein = Balanced Energy



1



- Apple rings + peanut butter + dark chocolate chips, bananas, raisins or raspberries: *Optional: Place on top of a rice cake for an extra crunch!*

2



- Apple "fries" sliced into chopsticks + Greek yogurt dip: *Add cinnamon or vanilla for extra flavor or toss the apple "fries" in the air fryer.*

3



- Apple + cheese + sausage quesadilla: *Thin apple slices with shredded cheddar or mozzarella in a tortilla, warmed until melty.*

4



- Apple slices + turkey roll-ups bites: *Wrap turkey around apple slices and string cheese. Secure with a toothpick.*

5



- Diced apples + cottage cheese: *Add cinnamon and granola for a scoopable snack bowl.*