



# Live Right with ShopRite Kids Day!

## Silly Apple Bites! 😊

Total Time: 15 Minutes  
Serves 8 Silly Apple Bites

### Ingredients:

2 green apples, each quartered  
Sunflower butter (or nut butter alternative if you wish)  
2-3 strawberries, sliced  
2 googly eyes per apple (will need white chocolate morsels & mini dark chocolate morsels)



### Instructions:

1. Place white chocolate morsels on parchment paper, on a microwave safe flat dish. (\*assure morsels are facing with tip up). Microwave for approx. 2 minutes, or until chocolate has melted slightly. Next, carefully place a mini dark chocolate chip morsel on top of all the white chocolate; lightly press, enough so that it sticks into the white chocolate. Place in refrigerator and allow to cool for at least 5 minutes.
2. Meanwhile, cut the middles out of each quarter of the apple to create a mouth. Don't worry about perfection, you are filling this gap with sunbutter anyway so if you cut too deep, you can always just cover it up and no one will know. Coat the inside of the cut gap with a filling of sunflower butter.
3. Place 4 sunflower seeds on the top of the "mouth" for the teeth.
4. Place 1 sliced strawberry inside the mouth for the tongue.
5. "Glue" each eye above the mouth with a dab of sunbutter to stick.
6. Serve and ENJOY you SILLY APPLE!

*Have fun making healthy snacks, treats and meals with you family & friends!  
Look for future FUN EVENTS at ShopRite of West Hartford  
From, Your Dietitian, Shana!*