



Double Dipper—Apple

1 apple, sliced

$\frac{1}{4}$ cup peanut butter

Chopped nuts

The peanut butter may be thinned with syrup if desired. Dip the apple slices in the peanut butter. Dip the peanut butter coated apple slices into the chopped nuts. Eat and enjoy.

Double Dipper—Banana

1 banana

$\frac{1}{4}$ cup chocolate syrup

$\frac{1}{4}$ cup granola cereal

Peel the banana. Dip it into the chocolate syrup. Dip the chocolate covered banana into the granola cereal for a nutritious and crunchy snack.