

Sideline Snacks: Quick Bites for Gametime Gatherings



DTN 340 Nutrition Education
Fall 2025

MO State

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These cooking demonstrations were made possible through a collaboration between Employee Wellness and the Nutrition and Dietetics Program at Missouri State University. Together, nutrition and dietetic students provided cooking demonstrations for faculty and staff to inspire trying new foods, teach food and nutrition knowledge, and foster a sense of community.

We hope you enjoy these recipes! Go BEARS!

Chicken Skewers Chilean-style

2 oz	Lemon juice
1 oz	Olive oil
1 Tbsp	Honey
1 Tbsp	Oregano
1 tsp	Salt
1 Tbsp	Thyme
8 oz	Chicken breast
1	Red bell pepper
1	Green bell pepper
1	Red onion

1. Heat up the oven to 425F.
2. Mix the lemon juice, olive oil and honey in a bowl. Once is mixed, add the oregano, salt and thyme
3. Cut the chicken breast into 1-inch cubes.
4. Put the chicken into the marinade and let it sit for 1 hour in the fridge.
5. Cut the red and green bell peppers into 1-inch squares.
6. Peel the red onion and cut it into 4 equal parts, then separate the layers of the onion.
7. Insert chicken, peppers, and onion into the skewer. Alternate between chicken and vegetable.
8. Place in the oven and cook for 12 minutes.
9. Serve immediately.

Serving Size: 1 skewer (about 6 oz)

Nutritional Facts

Kcals	228
Fat	9g
Carbohydrates	8g
Protein	27g
Sodium	20%
Vitamin C	77.2%

Family Recipe modified by Sofia Carrasco Rocha

Sofia Carrasco Rocha

Pesto Puff Pastry Pinwheels

2 cups (100g)	Fresh Herbs/Greens (Basil)	1-2 tsp	Lemon juice, optional
½ cup	Nuts/Seeds (Pine)		but recommended
2-3 cloves	Garlic	1 box	Frozen Puff Pastry
½ tsp	Salt, to taste		Sheets (2 sheets)
½ tsp	Black Pepper, to taste	¼ cup	All-purpose flour
½ cup	Oil (Extra Virgin Olive)	1 sm bowl	Water
½ cup	Grated Cheese (Parmesan)	1	large egg

Pesto Sauce:

1. In a food processor, combined Greens, Nuts, garlic, salt, and pepper, pulse until finely chopped making sure to scrape down the sides every few seconds to make sure everything chops evenly.
2. Once chopped leave food processor at low speed, slowly add Oil until smooth.
3. Turn food processor off, add cheese, pulse, just until combined. Substitute 3 Tbsp Nutritional Yeast.
4. Taste, to adjust flavor add lemon juice and salt if desired.

Assembly of Pastry:

1. Dethaw puff pastry per package instructions.
2. Preheat oven to 400°F, line cookie sheet with parchment paper.
3. Dust countertop with flour, roll out pastry on countertop.
4. Orient pastry long edge toward you, leaving 1" bare pastry on edge, spread ½ of Pesto sauce on one pastry.
5. Roll pastry toward bare edge, wet finger with water and run along bare pastry, finish rolling and press to seal the edge.
6. Refrigerate pastry until firm, cut into 1 inch pinwheels, place on parchment lined cookie sheet,
7. Beat egg in sm bowl, use basting brush to wash crust of pinwheel.
8. Bake at 400°F for 25-30 minutes until hot and golden brown.
9. Serve pinwheels on a platter, tiered stand, or individual cups. Add a sprinkle of cheese and/or nuts to top for garnish.

<u>Herb/Green</u>	<u>Nut/Seeds</u>	<u>Cheese</u>	<u>Flavor Profile</u>
Basil	Pine nuts	Parmigiano-Reggiano	Classic, sweet-herby — pasta, Caprese sandwiches
Parsley	Walnuts	Pecorino Romano	Fresh, grassy — fish, roasted veggies
Cilantro	Pepitas	Cotija	Bright + citrusy — tacos, chicken, rice bowls
Mint	Almonds	Ricotta	Cool + refreshing — lamb, peas, couscous
Arugula	Walnuts	Parmesan	Peppery — steak, pizza
Kale	Almonds	Pecorino	Earthy + hearty — whole-grain pasta, mushrooms
Spinach	Cashews	Parmesan	Mild + creamy — kids love it!
Dandelion greens	Sunflower seeds	Pecorino	Bitter-bright — potatoes, focaccia

Carrot tops	Pistachios	Parmesan	Lemony, bright — roasted carrots (no waste!)
Swiss chard	Walnuts	Parmesan	Mild + leafy — casseroles, gnocchi
Mustard greens	Almonds	Pecorino	Bold + spicy — sausages, pork dishes

Serving Size: 1 pinwheel

Total Servings: 20-25, depending on pastry sheet size.

Nutritional Facts:

Kcals	170	Vitamin E	6%
Fat	14g	Vitamin K	29%
Carbohydrates	8g	Omega-3	13%
Protein	3g	Omega-6	20%

Recipe from the Kitchen of Nancy Hannula.

Meagan Healy

High Protein Buffalo Chicken Dip

2 cups	Shredded cooked chicken breast (about 2 medium breasts)
½ cup	Plain Greek yogurt
½ cup	Low-fat cottage cheese
1/3 cup	Buffalo hot sauce
1 tsp	Garlic powder
1 tsp	Onion powder
¼ cup	Reduced-fat shredded cheddar cheese

1. Heat oven to 375 F
2. Spray a small baking dish with nonstick cooking spray.
3. In a mixing bowl, combine shredded chicken, Greek yogurt, cottage cheese, buffalo sauce, garlic powder, and onion powder. Mix until creamy.
4. Transfer mixture into prepared baking dish and spread evenly.
5. Top dip with even layer of shredded cheese.
6. Bake for 20 minutes until bubbly. Let cool slightly before serving.

Serving Size: ¼ cup

Total Servings: 8

Nutritional Facts

Kcals	95 kcal
Fat	3 g
Carbohydrates	3 g
Protein	15 g

Recipe modified from: Dish Trip <https://www.dishtrip.com/high-protein-buffalo-chicken-dip/#recipe> Accessed November 3, 2025.

Abby Williams and Jenna Lewis

Nachos with Cottage Cheese Queso

Queso

1 cup	Low fat, low sodium, cottage cheese
½ cup	Cheddar Cheese, shredded
½ tsp	Taco Seasoning, 30% less sodium

Nachos

1 lb	Lean ground beef
1 packet	Taco seasoning, 30% less sodium
1 bag	Low fat, baked, Tortilla chips
1 can	black beans, drained
1 large	tomato, diced
2	avocado, diced

For the Queso

1. First, add cottage cheese to a blender and blend until smooth (can use an immersion blender).
2. Transfer blended cottage cheese to a microwave safe bowl. Top with shredded cheese and taco seasoning.
3. Put in the microwave and microwave for 1 minute.
4. Stir well and put back in the microwave, cook for another 30 seconds before stirring well again. Repeat that step until the queso is smooth.

For the Nachos

1. Add ground beef into a skillet, brown and until fully cooked and drain any excess grease.
2. Add the taco seasoning, stir in ¾ cup of water and bring to a simmer until liquid is mostly evaporated.
3. While the beef is cooked, add a generous layer of tortilla chips to a sheet pan.
4. Drain the black beans and sprinkle those on top of the chips.
5. When the ground beef is done, spread the ground beef evenly on top of the chips and beans.
6. Pour the cottage cheese queso on top, evenly.
7. Dice up the tomato and avocado and sprinkle on top of the nachos.
8. Enjoy! (Toppings can be optional & customizable!)

Serving size: about 16 chips

Total Servings: 7

Nutrition Facts:

Kcals	327	Carbs	18g
Protein	25g	Sodium	515g
Fat	15g		

Recipe modified from: Schmidt, L. (2022). *Cottage Cheese Queso*. The Schmidty Wife.
<https://theschmidtywife.com/cottage-cheese-queso/>

Presented by Hadleigh Henslee and Olivia Sala

Homemade Chips & Guacamole

Guacamole:

¼ cup	Diced red onion
1 T	Diced jalapeno
2-3 cloves	Minced garlic
½ T	Lime juice
1-2 t	Margarita salt
2-3	Avocados
To Taste:	Diced onion, cilantro, lime juice, & salt

1. In a mortar and pestle set, muddle the onion, jalapeño, garlic, lime juice, and margarita salt.
2. Add 2-3 avocados depending on the size and muddle.
3. Add more onion, cilantro, lime juice and salt to taste.

Chips:

1 package (12oz)	Corn tortillas
1 t	Lime zest
1t	Chili Powder
1 t	Cumin
1 t	Salt
1 can	Olive oil spray

1. Preheat oven to 350 degrees
2. Cut each tortilla into wedges or strips and arrange in a single layer on a cookie sheet coated with olive oil spray.
3. Combine the cumin, chili powder, lime zest, and salt in a small bowl.
4. Spray the top of each chip with a light coating of olive oil spray.
5. Sprinkle the spice mixture on top of the chips.
6. Bake for about 7 minutes. Rotate the pan and bake for another 7-8 minutes or until the chips are crisp and lightly browned.

Serving Size: 2 T of guacamole & 8 chips

Total Servings: 6

Nutritional Facts

Kcals	248
Fat	13g
Carbohydrates	33g
Protein	5g
Fiber	8g

Chip recipe modified from: Lynch, E. Plating's & Pairings. Available at: platingsandpairings.com. Guacamole recipe from the kitchen of Debra Sala.

Olivia Sala

Hearty Veggie Quesadilla

For filling:

½	Onion, thinly chopped
½ cup	Thinly chopped carrot
1	Small tomato, thinly chopped
1/3 cup	Bell pepper, chopped
3	Garlic cloves, minced
1 ½ cup	Canned black beans (rinsed & drained) (1,15 oz. can)
1 tsp	Olive oil
1 tsp	Cumin
1 tsp	Oregano, dried
1 tsp	Crushed red pepper
1 Tbsp	Tomato paste

Additional:

2 Tortillas (Use whole wheat for more fiber)

Fresh basil	As desired
Avocado or guacamole	As desired

1. Chop the onions, carrot, tomato, bell pepper and mince the garlic. Rinse and drain the black beans.
2. In a medium size pan, on medium heat, sauté onion with olive oil, and add in the cumin, oregano and crushed red pepper. Stir for 1-2 minutes until fragrant.
3. Add in the chopped tomato, bell pepper and carrot and stir again for 1-2 minutes. While stirring, start mashing the tomatoes with the spatula.
4. Stir in the black beans and add in the tomato paste and a little bit of water. Cover the pan with a lid for about 3-4 minutes.
5. Add in the garlic cloves and mash the beans roughly. You can mash the beans to the consistency of your liking. The filling is now ready - it should be on the thicker side!
6. Spread the bean filling over half of a tortilla, and top the half with avocado or guacamole, some fresh basil, and/or spinach or arugula. Spinach will not give much flavor, but arugula will give a bit of a spiced flavor.
7. Fold the tortilla in half and toast in a pan on both sides until golden brown, flipping it carefully so that the filling stays inside.
8. Let cool for 2 minutes then slice and enjoy!

Serving Size: 1 quesadilla

Total servings: 2

Nutrition Facts

Amount Per Serving

Calories: 497

Total Fat: 16g
Saturated Fat: 3g
Trans Fat: 0g
Unsaturated Fat: 12g
Cholesterol: 0mg
Sodium: 1011mg
Carbohydrates: 74g
Fiber: 21g
Sugar: 5g
Protein: 18g

Recipe modified from: Me HH-H. Black Bean Veggie Quesadilla. Her Highness, Hungry Me. April 10, 2023. Accessed November 6, 2025. <https://hh-hm.com/black-bean-veggie-quesadilla/>.

Kelyn Holman

Black Bean and Corn Salsa

Salsa

1 can (15oz)	Black beans (drained and rinsed)
1 can (15oz)	Chickpeas (drained and rinsed)
1 can (15oz)	Corn (drained)
1 can (6oz)	Black olives, sliced (drained)
½ medium	Red onion, diced
2	Avocados, diced
10 oz	Cherry tomatoes, halved
2	Jalapenos, minced (seeds are optional depending on spice preference)

Dressing

1/3 cup	Olive oil
1 TBSP	Red wine vinegar
½ TBSP	Lime juice
1 TSP	Salt
1 TSP	Sugar
1 TSP	Cumin
1 TSP	Onion powder
1 TSP	Garlic powder
1 TSP	Black pepper
1 TSP	Paprika
1 TBSP	Chili powder

1. Combine black beans, chickpeas, corn, black olives, red onion, avocados, cherry tomatoes, and jalapenos in a large bowl.
2. Whisk together olive oil, red wine vinegar, lime juice, salt, sugar, cumin, onion powder, garlic powder, black pepper, paprika, and chili powder in a small bowl.
3. Pour the dressing mixture into the large bowl and gently stir together.
4. Allow to chill in the fridge, serve cold, with chips on the side for dipping.

Serving Size: 1 cup

Total Servings: 8 servings

Nutritional Facts

Kcals	275
Fat	17g
Carbohydrates	26g
Protein	7g
Fiber	11g
Unsaturated fat	19g

Recipe modified from: A Garner family recipe adapted by Ava Garner

Presented by Ava Garner and Sofia Carrasco Rocha

Honey-Vanilla (Cinnamon/Chia Seed) Greek-Yogurt Dip with Fruit Dippers

1 cup	Plain, nonfat-Greek Yogurt
1 ½ Tbsp	Honey
¾ Tbsp	Vanilla extract
½ tsp	Ground cinnamon
1 ½ Tbsp	Chia Seeds
½	Medium Apples
½	Medium Bananas
½ cup	Seedless grapes

1. In a medium mixing bowl, combine Greek yogurt, honey, and vanilla extract. Stir until smooth and creamy.
2. Add ground cinnamon and chia seeds to the mixture; stir gently until evenly distributed.
3. Chill mixture until ready to serve.
4. Wash and slice fruit into bite-sized pieces.
5. Serve approximately 2 Tbsp with a small amount of both dips and assorted fruit dippers.
6. Optional: Drizzle a small amount of honey or dust cinnamon on top before serving.

Serving Size: 2 Tbsp dip + small portion of assorted fruit

Total Servings: 4

Nutritional Facts (per 1 serving)

Kcals	90 kcal
Fat	2g
Carbohydrates	13g
Protein	6g
Fiber	2g
Calcium	10%

Recipe modified from: *Honey Vanilla Greek Yogurt Recipe*. Recipe Garden. Available at: <https://recipe-garden.com/honey-vanilla-greek-yogurt/>. Accessed November 2025

Prepared by:

Cearra Kirby

Homemade “Pigs” In a Blanket

1 cup + 2 tablespoons	Almond Flour
½ cup	Tapioca Flour
½ cup	Mashed Sweet Potatoes
2 tablespoons	Olive Oil
¼ teaspoon	Sea Salt
1 ½ (12-ounce) packages	Chicken Apple Sausage
1 whole	Whisked Egg
2 tablespoons	Sesame Seeds

1. Heat oven to 400°F
2. Add the almond flour, tapioca flour, mashed sweet potatoes, olive oil, and sea salt to a mixing bowl. Mix together until completely combined, and a slightly sticky dough forms.
3. Sprinkle some tapioca flour over a large sheet of parchment paper. Place the dough on top of the paper, sprinkle a little more tapioca flour over the top of the dough, and then place another sheet of parchment paper over the top. Roll out the dough into a large, even rectangle (about 8 x 14 inches). If your dough is still a little too sticky, add more tapioca flour, a tablespoon at a time, until it's easy for you to handle.
4. Take a knife and run it down the center of your rectangle lengthwise so that you now have 2 rectangles that are about 4 x 14 inches. Cut the dough horizontally, making 8 sections of dough that are about 4 inches wide and 2 inches high. Finally, cut each section of dough diagonally from one corner to the opposite corner, making 16 triangles of dough altogether.
5. Take a knife and cut chicken, apple sausage into thirds as to better fit into each triangle of dough.
6. Before adding your chicken apple sausages for rolling, carefully slide a knife under your triangular piece of dough to make sure it doesn't stick to the paper.
7. Place your chicken apple sausage horizontally at the wide end of your triangle and carefully roll the dough over the chicken apple sausage until the point is rolled over the top. There might be a few cracks in the dough, but just smooth your fingers over the breakages after placing them on the baking sheet.
8. Transfer the rolled chicken apple sausage to a lightly greased or lined baking dish and repeat this process until all of your chicken apple sausages are rolled.
9. Use a pastry brush to lightly brush the chicken apple sausages with the whisked egg. Sprinkle a pinch of sesame seeds over the top of each roll and place in the oven to bake for 15-18 minutes. The chicken apple sausages should be cooked through, and the rolls golden.
10. Once done, let it cool for a few minutes before serving and enjoy!

Ingredient Substitutions: You can swap melted coconut oil for the olive oil for a slightly flakier dough consistency; however, it would be higher in saturated fats compared to olive oil. Additionally, the whisked egg is meant to add a slight shine and a little more color to the final product, but it does not affect the overall taste or texture of the rolls. This step, plus adding the sesame seeds, can be skipped if desired or if an allergy is present.

Serving Size: 2 rolls

Total Servings: 16

Nutritional Facts:

Calories	288
Fat	18.3 g
Carbohydrates	15.9 g
Protein	14.4 g
Vitamin E	73%
Vitamin A	32%
Iron	16%

Recipe modified from: Nevins, Sarah. Saucy Kitchen. Available at:
<https://www.asaucykitchen.com/homemade-pigs-in-a-blanket/>. Accessed November 4, 2025.

Cassie Frias

Tofu Soft Pretzel Bites

3 blocks	Extra-firm silken tofu
3 teaspoons	Lemon juice
3 and ¾ cups	All-purpose flour
4 and ½ teaspoons	Baking powder
1 and ½ teaspoons	Salt
6 tablespoons	Aquafaba

Optional: Coarse salt on top

1. Preheat oven to 350F.
2. Place the tofu and lemon juice in a blender or food processor. Blend until completely smooth, stopping to scrape down the sides of the container to get all the bits blended.
3. Place the flour, the baking powder, and salt into a mixing bowl and mix thoroughly. Pour in the tofu mixture and mix until a soft dough forms.
4. Turn the dough out onto a floured board and knead gently about 10 times or until the dough holds together. Roll the dough out and then cut into 120 equal pieces.
5. Place the pieces on a baking sheet lined with parchment paper. Brush the tops lightly with aquafaba and sprinkle with coarse salt.
6. Bake at 350F for 22-25 minutes. Then, leaving the pretzels in the oven, turn the oven to broil and watch them until the tops begin to lightly brown, 2-3 minutes. Be careful not to burn them. Remove from oven and serve warm.

Serving Size: 4 pieces

Total Servings: 30

Nutritional Facts

Kcals	113.8
Fat	3.9g
Carbohydrates	13.5g
Protein	5.7g
Fiber	0.88g
Calcium	88mg

Recipe modified from: Fat Free Vegan Kitchen. Available at:

<https://blog.fatfreevegan.com/2019/01/easy-vegan-soft-pretzels.html>

Brynley Brotherton

Baked Ham & Cheese Mozzarella Sticks

Ingredients:

12 eggroll wrappers (7 inches each)
12 slices honey ham, thinly sliced
12 part skim mozzarella sticks
2 tbsp Olive oil
½ tbsp Garlic salt

Directions:

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Lay an eggroll wrapper in a diamond shape. Place a slice of ham in the center of the diamond, then a mozzarella stick in the middle horizontal. Fold in the sides, then roll tightly. Place seam-side down on the baking sheet.
3. Use your basting brush to brush each roll lightly with olive oil and sprinkle with garlic salt.
4. Bake for 12–15 minutes until browned. Flip and bake for an additional 4–5 minutes until crisp. After taking them out of the oven allow them to cool for 45 seconds to a minute before plating
5. Serve hot with your choice of sauce.

Serving Size: 1

Total Servings: 12

Nutrition Facts:

Calories: 180

Fat: 10 g

Carbohydrates: 14 g

Protein: 9 g

Calcium: 16 mg 1.6%

Potassium: 105 mg

Olivia Sones

Potato Skins

1.5 lb baby potatoes
1.5 teaspoon olive oil
Cavender's Low Sodium Greek Seasoning to taste
1/2 cup reduced-fat shredded cheddar cheese
4 tablespoons reduced sodium bacon bits
1/2 cup low fat sour cream
Green onions thinly sliced

1. Preheat oven to 450 °F.
2. Bake baby potatoes whole until tender when poked with a toothpick (~20 min). Cool slightly and slice each potato in half.
3. Use a small spoon to scoop out a bit of the inside, leaving some potato flesh so the skin holds its shape.
4. Spray with olive oil, sprinkle Cavender's seasoning. Place cut side down on baking sheet, bake ~8 min, then flip and bake until crisp.
5. Top each potato skin with cheese and bacon bits, bake an additional 3-5 min until cheese melts.
6. Remove, cool slightly. Top each with low-fat sour cream and green onion.

Serving Size: 6 potato halves

Total Servings: 4-5

Nutritional Facts

Kcals	207
Fat	10.5g
Carbohydrates	16g
Protein	9.5g
Potassium	13%
Calcium	13%
Iron	13%

Rafe McKnelly

Banana Bark

1 whole	Banana, sliced
8oz	Non-Fat Greek Yogurt
3 Tablespoon	Crunchy peanut butter, melted
½ cup	Dark Chocolate chips, melted
Toppings	Granola, Nuts, Sprinkles, Sea Salt, etc.

1. On a baking sheet or flat pan, add sliced banana.
2. Spread the Greek yogurt over the top of the sliced banana.
3. Melt the peanut butter in the microwave for 30 sec intervals until melted, stirring at each 30 second intervals or spread it evenly in a saucepan over low heat and stir till liquid.
4. Drizzle the melted peanut butter over the yogurt
5. Melt the chocolate chips in the microwave by heating them in 30 second intervals, stirring between each interval until liquid.
6. Pour the melted chocolate overtop.
7. Add your topping of choice to the chocolate.
8. Chill in the freezer until it hardens.
9. Break the banana bark into pieces and serve.

If using nuts as toppings either use prechopped/crushed nuts or if using hold or halved nuts put them in a Ziplock bag and depending on the nut either you a rolling pin or the flat side of a meat tenderizer and break them up into small pieces and then sprinkle them over the chocolate before chilling the banana bark.

Serving Size: 1 piece of banana bark

Total Servings: 8

Nutritional Facts

Kcal	132
Fat	6g
Protein	4g
Carbohydrates	16g
Iron	1mg
Potassium	182mg

Recipe from: Makayla Thomas: Flavor Full Cookbook

Bud Wood

Chickpea Chocolate Chip Cookies

1 ½ cups	Cooked garbanzo beans (chickpeas)
½ cup	Peanut butter
1/3 cup	Maple syrup
2 teaspoons	Vanilla extract
½ teaspoon	Baking soda
Pinch	Salt
½ cup	Chocolate chips

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. In a high-powered blender or food processor, blend the chickpeas, peanut butter, maple syrup, vanilla extract, baking soda, and salt until smooth, about 1 minute.
3. Fold in the chocolate chips with a spatula or wooden spoon.
4. Roll the dough into equal-sized balls and place them on the prepared baking sheet. If the consistency is thinner, then spoon out cookie-sized amounts onto a baking sheet.
5. Bake for 20 minutes. Let cool, then enjoy!

Serving Size: 1 cookie

Total Servings: 12

Nutritional Facts

Kcals	101
Fat	4.3g
Carbohydrates	12.7g
Fiber	2.7 g
Protein	4g
Calcium	23mg
Iron	2mg
Potassium	116mg

Recipe from: Plant Over Processed cookbook by Andrea Hannemann

Brittany Stewart

Samoa Carmel Apple Slices

1 each	Honeycrisp apple
1/3 cup	Unsweetened shredded coconut
1/3 Tbsp	Almond butter
½ Tbsp	Maple syrup
2 Tbsp	Chocolate chips
½ tsp	Coconut oil

1. Core apple and cut into ¼ inch thick rounds (about 4 slices per apple)
2. In a medium bowl, mix together, coconut, almond butter and maple syrup until combined
3. Spread mixture on top of each apple slice, then place apple slices on a piece of parchment paper
4. Melt chocolate chips with coconut oil in microwave, 15 second increments, stirring in between
5. Drizzle melted chocolate over each apple slice
6. Place apple slices in freezer until chocolate is firm.

Serving Size: 1 apple slice

Total Servings: 4

Nutritional Facts

Kcals	183 kcal
Fat	13g
Carbohydrates	17g
Protein	4g
Fiber	5g

Recipe modified from: Eating Bird Food

Available at: <https://www.eatingbirdfood.com/apple-samoas/>. Accessed November 3, 2025.

Abby Williams