



Sparkle Kitchen

Apple Sandwich Stackers

(Makes about 6 stacks with generous topping)

Ingredients

- 1 cup old fashioned oats
- 1 teaspoon cinnamon
- 2 tablespoon honey
- 2 tablespoon oil
- ¼ cup pumpkin seeds
- 3-4 tablespoons peanut butter
- 2 large apples
- juice from ½ a lemon

Directions

Preheat your oven to 325 degrees.

In a small bowl, mix the oats and cinnamon. Add the honey and oil, and stir until the oats are coated. Spread the oat mixture on a baking sheet and toast in the oven for 10-15 minutes, stirring occasionally. Your nose will know when they're done.

Meanwhile, prepare a large bowl of cold water with the lemon juice squeezed in. Core and slice the apples and put them in the water. (Tip: If you don't have an apple corer, cut the apples horizontally, leaving out the section with the core.)

Once the oats are done, prepare your stacks. Start with the bottom apple slice, then layer on some peanut butter. Sprinkle on toasted oats and pumpkin seeds, then top with another apple slice.

Enjoy for a snack or light lunch!