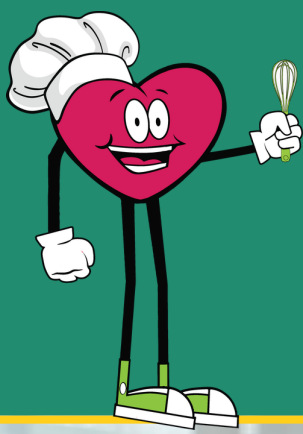




INGREDIENTS:

- Granola
- 1/2 apple
- 4 tbsp apple sauce
- 4 tbsp Greek yogurt

Apple Snack Jars

HOW TO MAKE:

1. Assist your kiddo in washing and preparing the apple. If they prefer the apple without the peel, assist them in peeling it before chopping it into bite-sized cubes.
2. To a jar, add a layer of granola to the bottom.
3. Next, add your chopped apple and top with the apple sauce.
4. Add 4 tablespoons of Greek yogurt and finish with another layer of granola.
5. Enjoy in layers or give the jar a good shake to mix everything up!

A healthy treat that
sneaks in nutrients
and chances to
practice fine motor
skills!