

Mummy apples

Serving (s) : 3

Preparation time : 15 minutes



(Image from Two Healthy Kitchens)

Ingredients

- 3 apples of different colors (red, yellow and green)
- 6 cloves
- Lemon juice

Preparation

1. Cut apples in half and use a peeler to peel them to make a mummy pattern (see picture).
2. Spray apples with lemon juice.
3. Place two cloves on each piece to make the eyes.

Nutritional information

Calories: 65 kcal

Carbohydrates: 17 g

Fiber: 3 g

Protein: 0 g

Fat: 2 g

