

GRILLED CHEESE AND APPLE SANDWICH

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Prep time: 15 minutes

Servings: 1

Serving size: 1 sandwich
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This Moblee Munchie is a healthy take on a childhood favourite snack! Dasha Dog loves how this barkcellent recipe is still cheesy, with just a hint of sweetness.



Dasha

INGREDIENTS:

- 4 slices whole wheat bread
- 1 green apple, cored and sliced thin
- 2 slices Swiss cheese
- 2 tsp unsalted butter

EQUIPMENT AND SUPPLIES:

- Large skillet
- Knife

Adult supervision required.

DIRECTIONS:

1. Heat a large skillet over medium-high heat. Butter one side of a slice of bread. Place bread butter-side-down into skillet. Add half of the sliced apple and 1 slice of cheese. Butter a second slice of bread on one side and place butter-side-up on top of sandwich. Repeat with remaining ingredients.
2. Cook until the bottom is golden brown, flip the sandwiches and cook until the cheese is melted.

Nutrition Facts Serv. Size approximately 1 sandwich, Amount Per Serving: Calories 330, Total Fat 14g, Saturated Fat 8g, Trans Fat 0g, Sodium 350mg, Total Carbohydrate 37g, Dietary Fiber 6g, Sugars 10g, Protein 16g

