



STUDY SNACK RECIPE



My favorite go-to study snack is a rice cake with sliced apples, almond butter and topped with chia seeds

❑ The ingredients above are the exact ones I use for this recipe. ❑

To start this recipe, you want to thinly slice your apple. Then, you want to get your rice cake. When starting to top the rice cake, you want to first add a layer of your favorite almond butter (mine is Once Again, creamy almond butter, because their only ingredient is almonds). Once you added that first layer of almond butter, you can start adding the apples. After you have your apples on top of your almond butter, you can add another layer of almond butter, with more apples on top, until you have used up all of the cut apples. Finally, sprinkle some chia seeds on top. For the last and important step,

ENJOY!



By Amanda Marrero