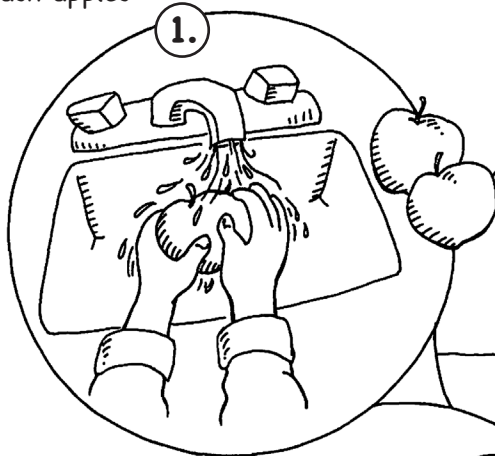


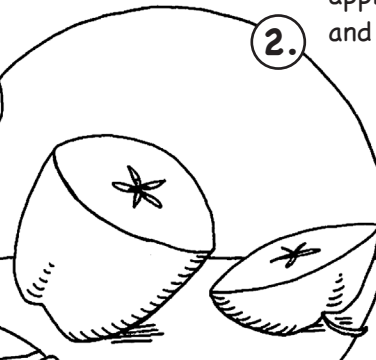
# Apples - Walking Apple Feast

Wash apples



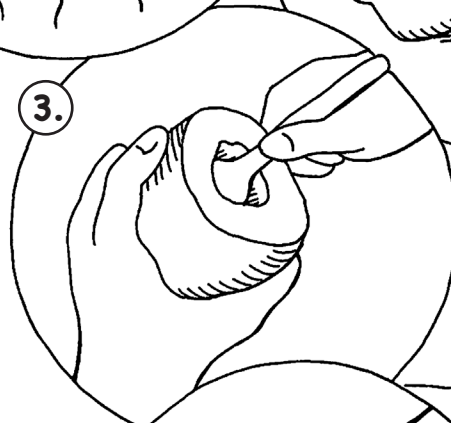
1.

Cut top 1/3 off of apple. Save top and bottom.



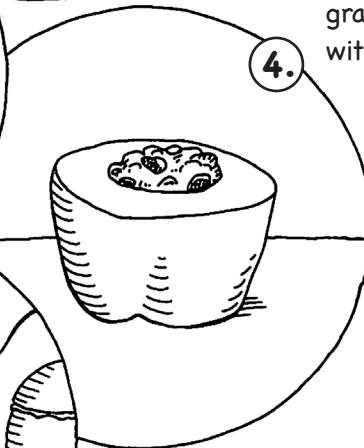
2.

Hollow out the core.



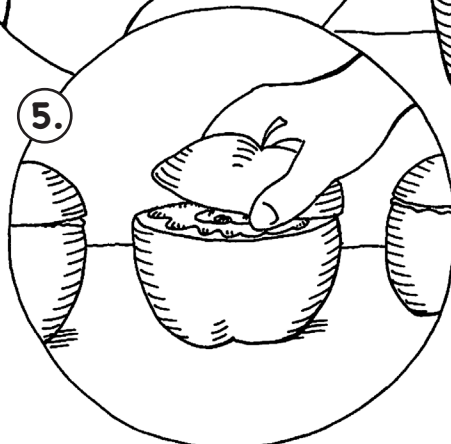
3.

Moosh some peanut butter with raisins and sunflower seeds or granola. Fill the hole with this mixture.



4.

Glue apple top back on with more peanut butter. You can prepare these then store them in a plastic bag for a hiking trip sometime.



5.