

Apple Brown
Benny

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1 apple, cored and chopped
1 [HMR® Peanut Butter BeneFit® Bar](#), cut
into 8 pieces
Dash of cinnamon

Calories: 265
Fruit Servings: 1

1. Put chopped fruit in a microwave-safe bowl.
2. Cover with plastic wrap.
3. Microwave for 2–3 minutes or until fruit is soft.
4. Put pieces of BeneFit Bar on top of the hot fruit.
5. Stir.
6. Serve immediately.