

Fall

Apple Nachos



QUICK FACTS



No baking



10-15 minutes



Easy to customize

Apple nachos are a fun way to turn fruit into a colorful fall snack. Children can arrange apple slices on a plate and add their favorite toppings, making this activity especially useful for encouraging food exploration and participation in meal preparation.

INGREDIENTS



- 2 apples
- 2 tablespoons smooth peanut butter, seed butter, or caramel
- 2 tablespoons yogurt or melted chocolate, optional
- A sprinkle of cinnamon
- Finely crushed graham crackers or another age-appropriate topping

DIRECTIONS



- 1 An adult washes, cores, and cuts the apples into thin slices.
- 2 Arrange the apple slices on a plate, slightly overlapping them like nachos.
- 3 Drizzle with warmed, softened seed or nut butter, caramel, or yogurt.
- 4 Sprinkle with cinnamon and add the desired toppings.
- 5 Enjoy immediately!

SKILLS CHILDREN PRACTICE



- Fine motor coordination when sprinkling cinnamon or placing toppings.
- Bilateral coordination when holding a bowl steady and using a spoon to drizzle.
- Visual motor skills when arranging slices and distributing toppings.
- Decision-making and independence by choosing ingredients and completing steps.

ADAPT IT BY AGE



Younger children can place larger apple slices on a plate with assistance.



Preschoolers can spoon yogurt onto the apples and sprinkle cinnamon.



Older children can help wash fruit, measure toppings, and arrange creative designs.

OT TIP



Let children explore the ingredients before assembling the snack. They can smell the cinnamon, touch the apple peel, compare colors, or describe whether an ingredient feels smooth, sticky, or crunchy. Children do not have to taste every ingredient to benefit from participating.

SAFETY



An adult should prepare apples into age-appropriate shapes. Whole apple slices can be a choking hazard for young children, so use preparation and serving methods appropriate to the child's developmental abilities.

