



JOYA® APPLE AND CHEESE PARCELS

Makes about 12-15 parcels



INGREDIENTS:

- 1-2 JOYA® Apples in the skin, cut in thin wedges
- 80 g Boerenkaas or mature cheddar cheese, cut into thick slices
- micro herbs or small wild rocket leaves
- 80-100 g cured ham, like Black Forest ham or prosciutto

METHOD:

1. Make little bundles of 2-3 apple wedges, a cheese slice and some herbs or rocket.
2. Cut or fold cured ham into thinner strips and wrap each apple and cheese bundle with a strip ham. Secure with a toothpick, if necessary.
3. Enjoy as an energy boosting snack in between meals or after exercising.

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**FIRM
SWEET
CRUNCHY
APPLE**

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