

Fiber Filled Cheddar and Apple Grilled Cheese

Servings : 2

Ingredients :

- 4 slices whole wheat bread
- 6 slices sharp cheddar cheese
- Half an apple, peeled and sliced
- 2 Tablespoons Unsalted Butter

Procedure :

- Put 2 slices of bread on a cutting board or work surface. Top each with two slices of cheese, the apple slices, a third slice of cheese and another piece of bread. Press down lightly.
- Heat 1 tablespoon butter in a large skillet over medium-low heat. Add the sandwiches and cook until the bread toasts and the cheese is slightly melted, 3 to 5 minutes. Flip with a spatula and add the remaining tablespoon of butter to the pan. Cook until the other side is toasted and the cheese is melted, about 3 minutes more, adjusting the heat as needed to keep the bread from burning before the cheese melts



Benefits of Fiber

- Fiber helps support healthy bowel movements and maintain bowel health.
- When consuming a high fiber diet, cholesterol levels can be lowered.
- Compared to other grains, whole grains are significantly higher in fiber.
- Apples are a high fiber fruit, which contain 4.4 grams per serving.
- Childrens fiber needs can be calculated by taking their age, in years, and adding 5 to it. This will give you how many grams of fiber a child needs.
- Adult Women need 21-25 grams of fiber, while adult men need 30-38 grams per day