

# Apple Donuts

## Ingredients

YIELDS: 20-25 "donuts"    PREP TIME: 20 minutes

- 5 apples
- 2 cups (500 ml) flavoured yogurt
- Assorted toppings (pick your favourites!)
  - Fruit: Blueberries, Mango, Strawberries, Raspberries
  - Oats
  - Granola cereal
  - Coconut
  - Seeds (sunflower seeds, pumpkin seeds)



EQUIPMENT: Colander / Cutting boards / Knives / Apple corer / Spoons

## Directions

- 1) Thoroughly wash and dry apples.
- 2) Carefully slice the top and bottom from each apple and discard. Slice the apples into ½ inch circles. Using an apple corer, cut a hole in the centre to make a donut shape.
- 3) Spread yogurt on the apple slices.
- 4) Use your creativity to sprinkle or decorate with toppings.

..... *Chef's Tip* .....



*Use the picture for inspiration! Make patterns and designs on your apple donut.*

*Let's Get Cookin'!*

