

Apple Donuts

Apple season is here and they make a great healthy snack for kids. Sometimes it's fun to make these apple donut snacks to add more flavour and protein for your little ones.

What you need:

- Apples – pick a variety you like
- Spreads: Peanut butter, other Nut butter, apple butter or pumpkin butter
- Toppings – mini chocolate chips, granola, toasted coconut, sliced almonds, dried fruits, or sprinkles



What to do:

1. Remove the apple core using an apple corer.
2. Slice apples into "donuts".
3. Select your spread of choice and smooth about ½ tablespoon of it over one side of the apple donut.
4. Sprinkle your toppings of choice over the spread.

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