



# Apple Donuts

YIELDS: 20-25 “donuts”

PREP TIME: 20 minutes

## Ingredients

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



Figure 1. Apple Donuts

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  $\frac{1}{2}$  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:** Matchstick pieces is a term that means chopping vegetables into thin, even strips. Julienne is another word to describe this chopping technique.

*Let's Get Cookin'!*

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