

Apple Donuts

Ingredients:

4 large apples
½ cup plain, nonfat Greek yogurt
10 large pitted dates
Bowl of warm water

Optional Toppings:

2 tablespoons chia seeds
2 tablespoons chopped nuts or seeds
2 tablespoons unsweetened coconut flakes
Diced fruit (like berries and kiwi)

Servings: 4



Directions:

Date Caramel Spread:

1. Soak the dates in warm water for 5-10 minutes.
2. Drain the water and place the dates in a blender or food processor.
3. Pulse until the dates are in small pieces.
4. With the blender or processor running, slowly pour in a small amount of water until a creamy paste is formed.
5. Scoop the spread into a bowl and set aside.

Apple Donuts:

1. Cut the apple into ¼ inch thick slices, cutting horizontally so that the core is in the middle of the slices.
2. Use a small circular cookie cutter, pastry tip, or bottle cap to remove the core from all of the apple slices.
3. Spread about 1 tablespoon of Greek yogurt or date caramel spread onto each apple slice.
4. Garnish with toppings of your choice.