

Apple Dough-less Donuts

INGREDIENTS:

8 oz. of vanilla greek yogurt
1 2/3 tsp. honey, divided
1 tbsp. cocoa powder
2 apples, any variety
Rainbow Sprinkles*
Granola*
Mini chocolate chips*

DIRECTIONS:

Divide the greek yogurt into two bowls. In one bowl, add half the honey and stir to combine. In the other bowl, add cocoa powder and the remaining honey and mix to combine. If needed, add a little water to help stir in the cocoa powder, set aside. Wash, core, and slice the apples into 1/8-1/4 inch slices. Spread 1 tablespoon of the yogurt mixture on the apple slices and decorate as desired.

NUTRITION:

Makes eight (2 slice) servings. Each serving has 70 calories, 1 grams (g) fat, 3 g protein, 14 g carbohydrate, 1 g fiber and 10 milligrams sodium.