

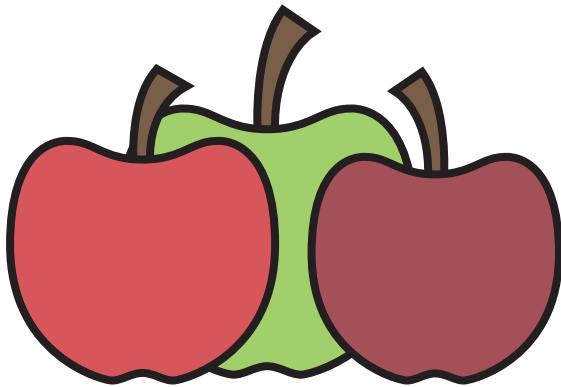


mouth-friendly recipe:

# Apple-Slice DOUGHNUTS

*Doughnuts are pretty tasty, but they can also be pretty sugary, which can cause cavities. Crisp and sweet with a creamy “frosting,” this version of the breakfast treat is delicious and healthier for you!*

## HERE'S WHAT YOU *need*



Your favorite kind of apple



Food coloring



1 package of softened cream cheese



Toppings of your choice

## HERE'S HOW TO *make them*

①

Have an adult cut an apple into horizontal slices about 3/4" thick, removing the middle part with the seeds.

②

Divide cream cheese into a few small bowls and add a drop of food coloring to each one to create colorful “frosting.”

③

Spread cream cheese on each slice of apple.

④

Try adding different toppings like sprinkles, mini dark chocolate chips, chopped nuts and unsweetened, shredded coconut.