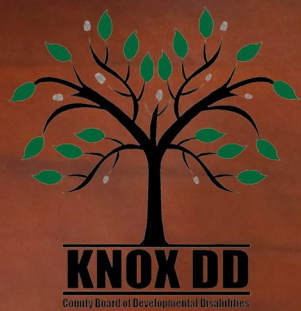




Easy Apple Rings



Prep: 10 Min

Total: 10 Min

Calories: 200 per apple & toppings

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Ingredients

- Apple - you can choose whatever kind you like!
- toppings
- Granola
- Chocolate Chips
- Greek Yogurt
- Dried Fruit
- Shredded Coconut



1. Wash

Wash your hands before you get started. Make sure you clean your apples really well.



2. Cut

Carefully slice your apples into ring slices. Your apple will want to roll on you, so be careful!



3. Core

Using a spoon or another round tool, take the center core out of your apples. You don't want to eat any seeds!

Watch Along

To watch how to make this yummy meal, check us out on YouTube!



Share With Us

We'd love to see what you create! Share pictures of your creations!



4. Top with Peanut Butter

Top your slices with peanut butter, greek yogurt, or anything else you and your family enjoys!



5. Add your toppings!

Here is the fun part-- you can add any toppings you want! Chocolate chips, granola, fried fruit, coconut flakes, cereal- be creative and have fun!



6. Enjoy!

Enjoy your fun and healthy snack!