



## Apple Donuts and Banana Sushi

**Yields: 4 Servings**

**Ingredients:**

### Apple Donuts

1. 2 apples, any variety
2. Wash apples, then core and cut into rings about  $\frac{1}{4}$  inch thick.
3. Spread peanut butter or nut-free butter, such as Sunflower seed butter, on apple\*
4. Add favorite toppings (see list below)

### Banana Sushi

1. 2 bananas
2. Peel banana and spread peanut butter on top
3. Add favorite toppings (see list below)
4. Cut into 1" pieces like "sushi"

### Topping suggestions:

- granola
- unsweetened coconut
- raisins
- cranberries
- mini chocolate chips
- ground flax seeds, chia seeds or hemp seeds
- cinnamon
- chopped nuts or sunflower seeds
- fresh fruit: strawberries, blueberries, raspberries

\*Instead of peanut butter for the spread: use yogurt.