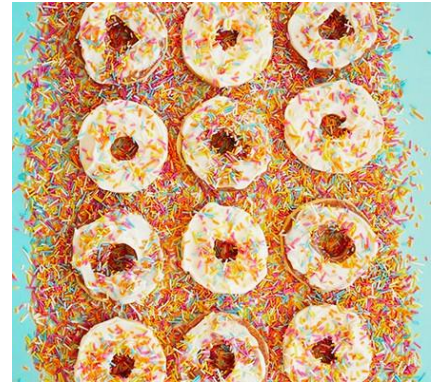


Recipe for Apple Doughnuts

Prep time: 20 mins No cook

Ingredients

- 150g soft cheese
- 2 tsp [honey](#)
- 3 [apples](#) (use a crunchy eating variety)
- 3-4 tbsp [almond or peanut butter](#) (optional)
- coloured sprinkles, to decorate



Method

STEP 1

Mix the soft cheese with the honey and set aside. Peel the apples, then slice each through the core into five or six rings, about 1cm thick. Use an apple corer or small round biscuit cutter to stamp out a circle from the middle of each slice, removing the core and creating 'doughnut' shapes. Pat the slices dry using kitchen paper – they should be as dry as possible to help the toppings stick.

STEP 2

Spread some nut butter over the slices, if using, then top with the sweetened soft cheese. Decorate with the sprinkles and serve.