Donut Apples

2 apples
1/3 cup peanut butter or low-fat flavored yogurt
Toppings of choice: granola, raisins, sliced bananas, chopped strawberries, blueberries, nuts, mini chocolate chips, sprinkles, coconut flakes, etc.

Wash hands with soap and water. Slice the top and bottom from each apple and discard. Thinly slice the apples into 1/2-inch circles. Use a melon baller to cut out the center core, making a donut shape. Spread peanut butter or yogurt onto each apple slice and garnish with your favorite toppings.

Yield: 4 servings (1/2 apple each)

Nutrition Facts (per serving): 230 calories, 12 grams fat, 125 milligrams sodium, 28 grams carbohydrate, 3 grams fiber, 6 grams protein