

# Coconut Yogurt & Hemp Stuffed Apple

5 ingredients · 5 minutes · 1 serving



## Directions

1. Place the apple halves onto a plate and evenly divide the coconut yogurt, sunflower seed butter, hemp seeds, and cinnamon onto each half. Enjoy!

## Notes

### Leftovers

Best enjoyed immediately.

### No Hemp Seeds

Use chia seeds or ground flax seeds instead.

### Additional Toppings

Chopped nuts, seeds, granola, maple syrup, coconut flakes and/or berries.

### More Protein

Use plain Greek yogurt or mix protein powder into yogurt.

### No Sunflower Seed Butter

Use other nut or seed butter instead.

## Ingredients

- 1 Apple (cut in half, seeds and core removed)
- 1/2 cup Unsweetened Coconut Yogurt
- 2 tbsps Sunflower Seed Butter
- 1 tbsp Hemp Seeds
- 1/4 tsp Cinnamon

