




Everyone at CAN is missing our participants and families! But we want to make sure that we are still checking in with you and sharing fun ideas to do at home.

Use this 7-step checklist to follow along with Coach Carly's Apple Pizza recipe!
Visit canucksautism.ca/applepizza if you haven't seen the video yet!

1.	<p>Ask the adult in your house</p> <p><i>Or if you're a youth or adult who is already comfortable in the kitchen, skip to Step 2!</i></p>	
2.	<p>Wash your hands. Make sure you sing the Happy Birthday song twice!</p> <p><i>Visit canucksautism.ca/handwash for a helpful video from Coach Robbie!</i></p>	
3.	<p>Wash and cut the apple</p> <p><i>You can cut it into 'whole pizzas' or 'pizza slices'.</i></p>	
4.	<p>Get your toppings ready</p> <p><i>We used cheerios, blueberries, raisins, chocolate chips, and coconut, but you can experiment with other toppings too!</i></p>	
5.	<p>Put your spread on top</p> <p><i>We used yogurt, but you can use peanut butter, WOW butter, jam or anything you'd like!</i></p>	

6.	<p>Put your toppings on</p> <p><i>We used cheerios, blueberries, raisins, chocolate chips, and coconut, but feel free to get creative and use whatever you think would look and taste good to complete your apple pizza!</i></p>	
7.	<p>Enjoy!</p> <p><i>Be sure to share photos of your apple pizza for the CAN community to see!</i></p>	