



# No-calorie Donuts

Technique:	Machine Sewing
Designed By:	Linda Turner Griepentrog
Skill Level:	Beginner
Crafting Time:	Afternoon
Finished size:	4" (10.16cm) diameter

## Featuring Coats Dual Duty XP®

If your resolution is to cut back on sugary snacks, these no-calorie options can serve as a fun reminder of your new quest. Just stack them up on a small plate and watch co-workers do a double-take.

## Supplies

- Coats Dual Duty XP® All-purpose threads- to match
- 3 rectangles assorted colors brown felt, 9" x 12" (22.86cm x 30.48cm), for donuts
- 1 rectangle each white and light pink felt, 9" x 12" (22.86cm x 30.48cm), for frostings
- Assorted seed and other small beads
- Polyester fiberfill stuffing

## Make the Pattern

Use the template on page 3 or draw a 4" (10.16cm) diameter circle and center a 1" (2.54cm) circle inside it. Cut out the large circle and the inner circle.

## Cutting

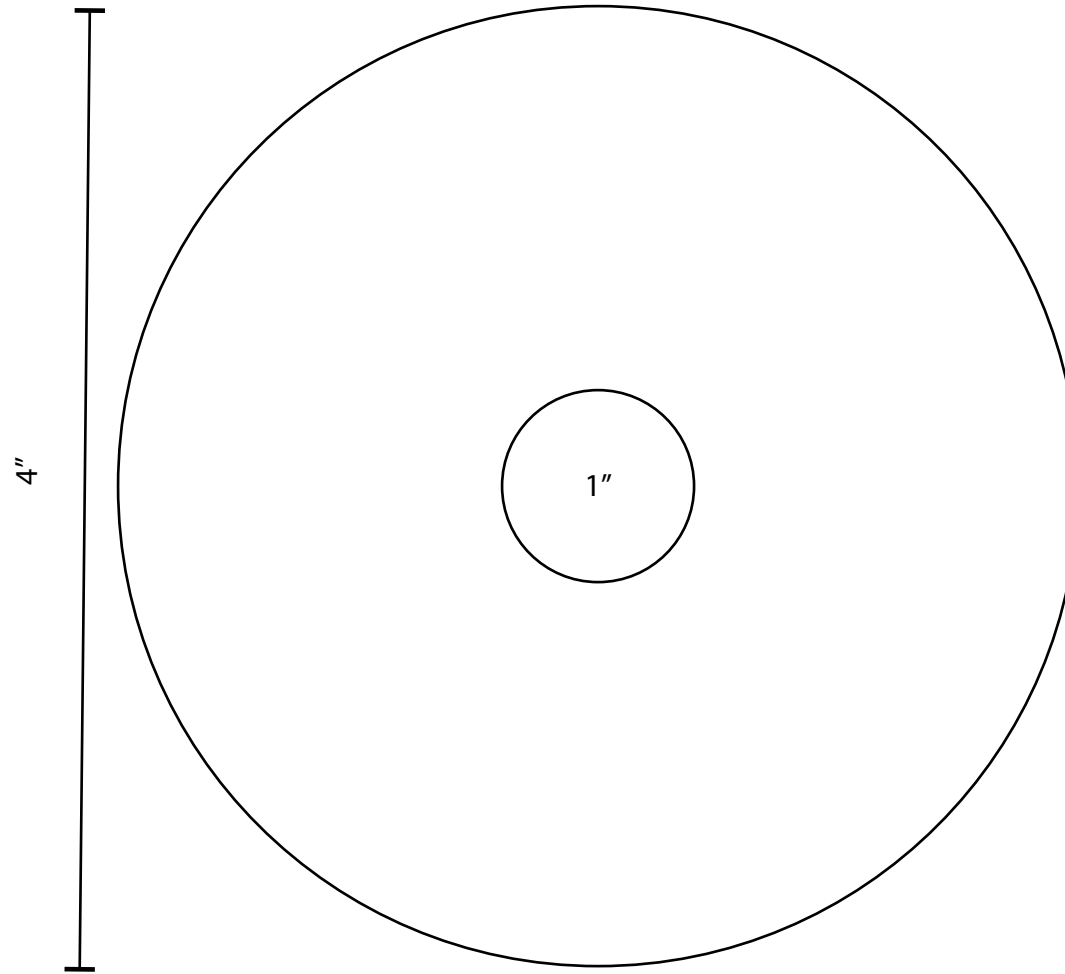
**From each brown felt, cut:**  
2 donuts

**From the frosting felt colors, cut:**  
3 donuts total

## Making the Donuts

1. Trim each frosting with random curved edges  $\frac{1}{4}$ " to  $\frac{1}{2}$ " (.64cm-1.27cm) smaller than the donut size.
2. Pin a frosting on the donut top, aligning the center hole. Using a narrow zigzag and matching thread, sew around the outer frosting edges.
3. Hand-stitch beads randomly on the frosting as sprinkles.
4. Layer two matching donut shapes wrong sides together, matching raw edges. Using a narrow zigzag and matching thread, sew around the inner hole. Sew around the outer circle, leaving a 1" (2.54cm) opening.
5. Using a chopstick or other small stuffing tool, stuff the donut firmly, pushing stuffing around the entire circle. Hand - or machine stitch the opening closed.





\*\*\* Measure templates before cutting to confirm printing at 100%\*\*\*