



Apple Crunch Yogurt Bowl

Servings 2 | Prep time 5 mins. | Total time 5 mins.

Equipment:

Cutting board
Medium bowl

Utensils:

Knife
Measuring cups and spoons

Instructions

1. Before you begin, wash your hands, surfaces, fruit, and utensils.
2. Mix together yogurt and cinnamon in a medium bowl. Add apples and stir to coat.
3. Divide apple mixture into two bowls and top with granola.

Ingredients

1 apple, cored and chopped
1 cup vanilla low-fat yogurt
1 teaspoon ground cinnamon
1/4 cup granola with dried fruit and nuts

Nutritional Information:

Calories 180
Total Fat 3g
Sodium 95mg
Total Carbs 31g
Protein 8g