



# 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

## 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

## 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.

## Nutritional Information:

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