



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

This institution is an equal opportunity provider. http://www.section508.gov/ This material was funded by USDA's Supplemental Nutrition Assistance Program —SNAP.