



# Apple Crunch Yogurt Bowl

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

**Equipment:** Cutting board, measuring cups and spoons, medium bowl

**Utensils:** Knife

## Ingredients

- 1 apple, cored and chopped, peel on
- 1 cup low-fat vanilla yogurt
- 1 teaspoon 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