



# 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