



August 12-Fresh Fruit with Cinnamon Yogurt Dip

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fresh-fruit-cinnamon-yogurt-dip>

Recipe

Ingredients:

- 1 apple
- 1 orange
- ¼ cup orange juice
- 1 cup vanilla yogurt
- ½ teaspoon cinnamon

Directions:

1. Core and slice the apple.
2. Slice banana into thin circles.
3. Peel the orange and break it into sections.
4. Pour the orange juice into a small bowl.
5. Dip the fruit pieces into the orange juice to prevent browning.
6. Arrange on a plate.
7. Mix the yogurt and cinnamon in a small bowl.
8. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

Yield 4 servings

Nutrition Facts

Serving Size 1/4 recipe (155.32g)
Servings Per Container 4

Amount Per Serving

Calories 100 Calories from Fat 10

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol <5mg 1%

Sodium 40mg 2%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 8%

Sugars 18g

Protein 4g 7%

Vitamin A 4% • Vitamin C 45%

Calcium 15% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.