March 5- Cottage Cheese Apple Dippers
Smart Snack

Recipe
Ingredients:
1 cup 2% milkfat cottage cheese
2 Tablespoons raisins
1/8 teaspoon ground cinnamon
2 apples, sliced

Directions:
1. Mix cottage cheese, raisins and cinnamon.
2. Serve as a dip with the apple slices.

Yield 4 servings