



March 5- Cottage Cheese Apple Dippers

Smart Snack

Link: <http://www.kraftrecipes.com/recipes/cottage-cheese-apple-dippers-56092.aspx>

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

Nutrition Facts

Serving Size 0.5 item (152.1g)
Servings Per Container 4

Amount Per Serving

Calories 120 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 190mg **8%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **10%**

Sugars 14g

Protein 7g **14%**

Vitamin A 0% • Vitamin C 8%

Calcium 6% • Iron 0%

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