



October 7- Dutch Apple Yogurt Dessert

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/dutch-apple-yogurt-dessert>

Recipe

Ingredients:

- ½ cup yogurt, non-fat vanilla
- ½ cup applesauce
- 1 Tablespoon raisins
- 1/8 teaspoon cinnamon
- 1 teaspoon brown sugar
- 1 Tablespoon nuts

Directions:

1. Wash hands thoroughly with warm water and soap.
2. Combine all ingredients in a small bowl.
3. Cover and refrigerate until chilled.
4. Eat and enjoy as a snack or as a dessert.

Yield 2 servings

Nutrition Facts	
Serving Size 1/2 recipe (132.73g)	
Servings Per Container 2	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 45mg	2%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	5%
Sugars 18g	
Protein 4g	8%
Vitamin A 0%	• Vitamin C 2%
Calcium 10%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	