



## 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.