



October 15- Apple Yogurt Dip

Smart Snack

Link: No link, CNP recipe

Recipe

Ingredients:

½ cup plain low-fat yogurt

¼ teaspoon cinnamon

¼ teaspoon vanilla extract

Directions:

1. Combine the yogurt, cinnamon, and vanilla extract in a small bowl. Mix well until smooth.
2. Core and slice the apple. Dip apple slices into the mixture. Enjoy!

Yield 2 servings

Nutrition Facts

Serving Size 0.25 cup (153.1g)

Servings Per Container 2

Amount Per Serving

Calories 90 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 45mg **2%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **9%**

Sugars 14g

Protein 3g **7%**

Vitamin A 0% • Vitamin C 8%

Calcium 10% • Iron 0%

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