

Cinnamon Apple Yogurt Dessert

- Switch it up by trying other kind of dried fruit, like dried bananas or dried cranberries.
- Get kids involved by mixing ingredients.
- Make it a DIY yogurt parfait bar by putting out bowls of toppings (like fresh or dried fruit, different cereals, nuts, seeds, or granola) and letting everyone make their own yogurt parfait.
- This recipe works great as a dessert or as a healthy snack!

| Nutrition Facts | |
|--|----------------|
| 2 servings per container | |
| Serving size | 1/2 cup |
| Amount per serving | |
| Calories | 120 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 35mg | 2% |
| Total Carbohydrate 28g | 10% |
| Dietary Fiber 2g | 7% |
| Total Sugars 18g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | |
| Vitamin D 1mcg | 6% |
| Calcium 85mg | 6% |
| Iron 1mg | 6% |
| Potassium 225mg | 4% |
| <small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

Cinnamon Apple Yogurt

Servings: 2

Prep Time: 10 minutes



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Ingredients:

- 1/2 cup yogurt, non-fat vanilla
- 1/2 cup applesauce, unsweetened
- 1/2 red apple, cored and chopped, with skin
- 1 Tablespoon raisins, seedless
- 1/8 teaspoon cinnamon, ground
- 1 Tablespoon crunchy cereal (or granola, or nuts)

Directions:

1. Wash hands thoroughly with warm water and soap.
2. Core and chop the apple and combine with the rest of ingredients, except cereal, in a small bowl.
3. Cover and refrigerate until chilled, or eat immediately.
4. Top with crunchy cereal just before eating, or eat it parfait style with 2 layers of each: yogurt and apple mixture and cereal.
5. Eat and enjoy as a snack or as a dessert!

Recipe Credit:

What's Cooking? USDA Mixing Bowl