

Dutch Apple Yogurt Dessert

Makes: 2 servings

Ingredients

1/2 cup yogurt, non-fat vanilla

1/2 cup applesauce, unsweetened

1 tablespoon raisins (seedless)

1/8 teaspoon cinnamon (ground)

1 teaspoon brown sugar

1 tablespoon nuts (as topping or crunchy cereal)

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.

Source: Arizona Nutrition Network, Fun Food News

Nutrition Information

Nutrients	Amount
Calories	130
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	50 mg
Total Carbohydrate	24 g
Dietary Fiber	1 g
Total Sugars	21 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available