



Apples 'N' Yogurt  
Snack Recipe Handout  
Serves 1

Ingredients

- ½ fresh apple (washed, cut into slices but not peeled)
- 1 cup low-fat flavored yogurt
- ½ teaspoon ground cinnamon (optional)

Directions

1. Measure the yogurt into a cup.
2. Sprinkle cinnamon on the yogurt.
3. Dip the apple slices in the yogurt.

*Source: CATCH Kids Club Nutrition Session 8, page 70*