

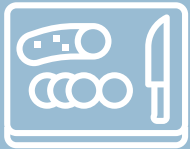


Yogurt Dip for Apples

4 Steps to Food Safety



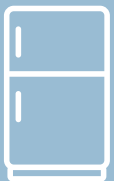
Clean



Separate



Cook



Chill

Ingredients:

- ½ cup low-fat vanilla yogurt
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla
- 1 apple, gently rubbed under cool, running water, sliced

Directions:

1. Wash hands with soap and water.
2. Combine yogurt, cinnamon and vanilla in small bowl.
3. Dunk apples in dip and enjoy!
4. Store leftovers in a sealed container in the refrigerator for up to four days.

Makes 1 serving

Nutrition Information for 1 serving: Calories 190, Total Fat 0g, Saturated Fat 0g, Cholesterol 5mg, Sodium 60mg, Total Carbohydrates 47g, Fiber 5g, Total Sugars 26g, Protein 4g, Vitamin D 6%, Calcium 10%, Iron 6%, Potassium 8%

**For more healthy tips and recipes, go to:
Food.unl.edu**

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