

## Dutch Apple Yogurt

### Ingredients:

- 1/2 cup nonfat plain yogurt
- 1/2 cup unsweetened applesauce
- 1 tablespoon raisins, seedless
- 1/8 teaspoon ground cinnamon
- 1 teaspoon brown sugar
- 1 tablespoon graham cracker crumbs

### Equipment:

- Mixing bowl
- Spatula
- Measuring cups
- Measuring spoons

Number of Servings: 2  
 Prep Time: 10 minutes  
 Total time: 10 minutes

### Directions

1. Combine all ingredients in a small bowl.
2. Cover and refrigerate until chilled.
3. Eat and enjoy as a snack or as a dessert.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 2	
Amount Per Serving	
<b>Calories 89</b>	Calories from Fat trace
%Daily Value*	
<b>Total Fat</b> trace	1%
Saturated Fat trace	1%
<b>Cholesterol</b> 1mg	0%
<b>Sodium</b> 62mg	3%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 1g	4%
<b>Protein</b> 4g	7%
Vitamin A 0%	Vitamin C 2%
Iron 2%	Calcium 12%

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

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