

## Fresh Fruit with Cinnamon Yogurt Dip

### Ingredients:

- 1 apple
- 1 orange
- 1 banana
- 6 ounces nonfat yogurt, plain
- 1/4 teaspoon cinnamon

### Equipment:

- Cutting board
- Knife
- Small bowl
- Spatula

Number of Servings: 4  
 Preparation Time: 5 minutes  
 Total time: 5 minutes

### Directions

1. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into thin slices.
2. Cut off both ends of orange. Starting at top, slide knife between skin and fruit and cut off as much skin and white pith as possible. After skin and pith are removed, pull orange apart into individual sections.
3. Peel banana, cut into slices.
4. Arrange fruit on a plate. Mix the yogurt and cinnamon in a small bowl. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

**TIP: Try making this with other favorite fruits!**

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### Nutrition Facts

Serving Size: 1/2 cup  
 Servings: 4

Amount Per Serving		Calories from Fat 0	
Calories 87		%Daily Value*	
Total Fat	trace g		1%
Saturated Fat	trace g		1%
Cholesterol	0mg		0%
Sodium	33mg		0%
Total Carbohydrate	19g		3%
Dietary Fiber	2g		10%
Protein	3g		3%
Vitamin A	2%	Vitamin C	37%
Iron	2%	Calcium	10%

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

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