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!