

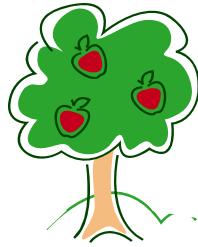


# Apple Yogurt Dip!



## Ingredients:

- 1/2 Cup plain yogurt
- 1/4 Teaspoon cinnamon
- 1/4 Teaspoon vanilla extract
- 1 medium apple



## Did you know?

There are over 7,500 different types of apples in the world and 2,500 of them are grown in the United States!

How many can you name?

- ## Directions:
- Combine the yogurt, cinnamon, and vanilla extract in a small bowl
  - Core and slice the apple (Ask an adult for help to do this)
  - Dip apple slices into the mixture and enjoy!



## Apples, Apples, Apples!

Apples are great snacks! Not only do apples taste good but they are easy to grab when you are on the go! A medium apple has less than 75 calories, they contain no fat, and are loaded with vitamins and minerals! Something else that is cool about apples is that each apple contains about 3 grams of fiber. Fiber helps us to feel full and is very important in keeping our bodies healthy and functioning properly!

