



Apple & Banana with Dip

Ingredients:

- 1 apple, cut in wedges
- 1 banana, sliced
- 1/2 cup vanilla low-fat yogurt
- 1 teaspoon sugar
- teaspoon cinnamon
- teaspoon nutmeg

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Have an adult help slice the apple and banana.
3. Mix yogurt, sugar, cinnamon and nutmeg together to make a dip.
4. Dip in apple and banana slices and enjoy.

Nutrition Facts (Per Serving)

Calories, 161; Carbohydrate, 38 gm; Protein, 3 gm; Fat, 1 gm; Saturated Fat, 0.5 gm; Trans Fat, 0 gm; Cholesterol, 4 mg; Fiber, 4 gm; Total Sugar, 9g; Sodium, 34 mg; Calcium, 74 mg; Folate, 1 mcg; Iron, 0.2g; Percent Calories from Fat, 6 %.

Makes 2 servings

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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