Dutch Apple Yogurt Dessert

Serving Size: 1/2 of recipe
Yield: 2 servings

Ingredients:

1/2 cup yogurt, nonfat
1/2 cup applesauce, unsweetened
1 Tablespoon seedless raisins
1/8 teaspoon ground cinnamon
1 teaspoon brown sugar
1 Tablespoon nuts as topping or crunchy cereal

Instructions:

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

Cost:

Per Recipe: $ 0.61
Per Serving: $ 0.31

Adapted from: Fun Food News Arizona Nutrition Network
Source - USDA at http://recipefinder.nal.usda.gov/