

## Recipe of the Month - October 2016

### Simple Apple Dessert

Serves 5

Serving Size: 2/3 cup

### Ingredients:

- 1/4 cup nuts (walnuts, pecans, almonds)
- 3 medium Granny Smith apples
- 2 Tablespoons light pancake syrup or caramel sauce
- 1 6-ounce container nonfat vanilla yogurt



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### Directions:

1. Put nuts in a single layer in a microwave-safe dish. Microwave on high for 1 to 1½ minutes. Stir after 45 seconds. This can be done ahead of time.
2. Wash, core, and dice apples (no need to peel). Place in a microwave-safe bowl and drizzle syrup on top. Stir.
3. Microwave apple mixture on high for 2 minutes. Stir. Microwave another 1 minute until soft but not mushy.
4. Let cool for 2 minutes. Divide apples into individual bowls. Spoon yogurt on top.
5. Sprinkle nuts on top of yogurt.

**NUTRITION FACTS PER SERVING:** 120 calories, 4 g total fat (0g sat. fat), 0 mg cholesterol, 40 mg sodium, 21 g carbohydrates, 3 g fiber, 15g sugar, 3g protein

*Recipe compliments of Iowa State University Extension:  
Healthy & Homemade Meals 2016 Nutrition & Fitness Calendar*