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

**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, 15 g sugar, 3 g protein

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