

Cinnamon Apple Yogurt Bowls

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/apple-greek-yogurt-recipe>

Ingredients:

- 1 apple sweet, peeled, cored, seeded and diced, Honey Crisp, Gala
- 1 1/2 tablespoons raw sugar
- 1 tablespoon golden raisins
- 1/4 teaspoon canela
- 1 pinch nutmeg
- 2 cups plain yogurt 0% fat Stonyfield
- 4 tablespoons chopped walnuts or pecans

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 30 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 6 grams
8. Sodium: 115 milligrams
9. Sugar: 29 grams

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