

Spiralized Cinnamon Apples with Greek Yogurt

Ingredients:

- 1 medium apple
- 1 teaspoon lemon juice
- 1 tablespoon pecans, chopped
- 2 teaspoons, old fashioned oats
- 1 teaspoon unsalted butter
- 1/2 teaspoon ground cinnamon, separated
- 1 teaspoon brown sugar
- 8 ounces non-fat Greek yogurt, divided

Directions:

1. Spiralize apple using the smallest blade, leaving the peel on. Discard core and seeds. Toss spiralized apple in lemon juice.
2. Heat a pan over medium heat. Toast pecans and oats in pan until fragrant and slightly golden.
3. Melt butter over heated oats and pecans.
4. Add 1/4 teaspoon cinnamon and brown sugar and cook until slightly caramelized. Remove from heat.
5. Stir remaining cinnamon into Greek yogurt. Divide yogurt until two bowls and top equally with spiralized apple and oat mixture.

Nutrition Facts

Serving Size (233g)
Servings Per Container 2

Amount Per Serving

Calories 180 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 55mg **2%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **12%**

Sugars 17g

Protein 13g

Vitamin A 2% • Vitamin C 2%

Calcium 15% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

