

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Dutch Apple Yogurt (Makes about 2 servings.)

Ingredients

- ½ c. plain or vanilla nonfat yogurt
- ½ c. unsweetened applesauce
- 1 Tbsp. raisins
- ⅛ tsp. ground cinnamon
- 1 tsp. brown or regular sugar
- 1 Tbsp. nuts or crunchy cereal
such as oat cereal or corn flakes

Directions:

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

Nutrition info: Serving size: ½ of recipe, Calories: 130, Total Fat: 2.5 g, Saturated Fat: 0 g, Cholesterol: 5 mg, Sodium: 90 mg, Total Carbohydrate: 25g, Dietary Fiber: 2 g, Sugars: 22 g, Protein: 4 g. *Recipe adapted from SNAP-ED Connection Recipe Finder*

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