

Apples for Breakfast



Apple Yogurt Plate

Serves: 1 | Serving Size: 1 and 1/4 cups

Ingredients:

1/2 apple, cored
3/4 cup nonfat plain Greek yogurt
1 teaspoon toasted walnut pieces
1 teaspoon honey

Directions:

Slice the apple into thin slices and fan the slices out on a plate.

Use an ice cream scoop to place the yogurt on top of the apples.

Decorate with toasted walnuts and drizzled honey.

Nutrition Information:

Serves 1. Each serving contains 197 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 4 mg cholesterol, 143 mg sodium, 32 g carbohydrate, 2 g dietary fiber, 29 g sugar, and 11 g protein.

Each serving has 1% DV vitamin A, 10% DV vitamin C, 37% DV calcium, and 0% DV iron.

Chef's Tips:

The honey will be easier to drizzle if you warm it a bit first.

Do not serve honey to any babies under one year of age.

Raw, local honey has a rich taste that adds depth as well as sweetness.

This dish makes an excellent breakfast or a great dessert.

Vary the fruit you use by season. Apples are wonderful right now, and citrus will be perfect during the winter.

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