

## Project: Apple Dip

### Ingredients:

2 apples, cored and cut in wedges

1 cup nonfat, light vanilla yogurt

1/2 tsp ground cinnamon

### Equipment:

Mixing bowl

Kitchen spoon

Serrated kitchen knife

Cutting board

Plates and napkins for serving

### Directions:

1. Have everyone wash his or her hands.
2. Mix yogurt and cinnamon.
3. Serve apple wedges with cinnamon yogurt and enjoy

Options: You can serve other fruits besides the apples.

Lessons: This is a great way to use fresh fruits and makes a great snack for kids.