

Apple Yogurt Plate

Serves: 1 | *Serving Size:* 1.25 cups
Total Time: 5 min | *Prep:* 5 min |
Cook: 0 min

Ingredients:

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



Directions:

Slice the apple very thin and place on a large plate.

Scoop the yogurt on top of the apple slices using an ice cream scoop.

Top with toasted walnuts and drizzled honey.

Serves 1. Each 1.25 cups serving: 197 calories, 3g fat, 0g saturated fat, 0g trans fat, 4mg cholesterol, 143mg sodium, 32g carbohydrate, 2g fiber, 29g sugars, 11g protein.

Allergens: Milk, Tree Nut

* Reported allergens are based on listed ingredients in the recipe. If you are purchasing commercially packaged products such as pie crusts, cereal, or pasta, you need to read the label for additional allergen information.

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