

Ingredients:

1 cup 1% low fat or fat free milk
1 cup fat free vanilla yogurt
2 apples
1/2 teaspoon ground cinnamon
Handful of ice cubes

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Peel apple, cut up into cubes and take out the seeds.
3. Add remaining ingredients and blend for one minute.
4. Serve immediately.



Nutrition Facts (Per Serving)

calories, 206; carbohydrate, 44 g; protein, 9 g; total fat, 0 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 4 mg; fiber, 5 g; total sugars, 34 g; sodium, 124 mg; calcium, 267 mg; folate, 6 mcg; iron, 0 mg; percent calories from fat, 0%.

Makes 2 servings

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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