

# Healthy Eating

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<http://lancaster.unl.edu/food>

## French Apple Yogurt

*Makes 1 quart (4 cups)*

Leave the skins on the apples in this recipe for added color and fiber.

- 3 cups diced or sliced apples
- 2 cups plain, low-fat yogurt
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 2 teaspoons brown sugar, if apples are tart

1. Cook the apples in 1/2 cup water 5 to 10 minutes, or until soft.
2. Reserve one cup and put rest into blender with one cup yogurt, vanilla, cinnamon, and brown sugar. Blend very briefly.
3. Mix all ingredients together.



**Source:** US Apple Association at <http://www.usapple.org>

### Alice's Notes

1. As an option, use low-fat or non-fat vanilla yogurt instead of the plain yogurt and omit the sugar.
2. Most types of apples will work in this recipe except red delicious apples, which taste best eaten raw.

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