

Apple Yogurt

Did you know? Two-thirds of the fiber and lots of antioxidants are found in the peel of an apple.

2 medium apples

¼ cup crunchy granola

¼ cup raisins

2 cups (16 oz) light vanilla yogurt

Core the apples. Leave the skin on and cut into small pieces. Mix all ingredients in bowl. Stir well and enjoy.

Source: www.urbanext.uiuc.edu/apples/facts