

# Sautéed Apples with Cinnamon Yogurt Cream

**Yield:** 8 servings

**Serving size:** ½ cup apples / ¼ cup yogurt



Seasonal fruit prepared simply can make a healthier dessert than cake or pie. Feel free to jazz up your yogurt with different spices—vanilla or almond extract, cardamom, lemon or orange zest.

## Nutrition Facts

Serving size ½ c apples with ¼ c yogurt (274g)

Amount Per Serving  
**Calories 120**

% Daily Value\*

**Total Fat** 3.5g 4%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 90mg 4%

**Total Carbohydrate** 44g 16%

Dietary Fiber 5g 18%

Total Sugars 32g

Includes 11g Added Sugars 22%

**Protein** 4g 8%

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 0mg 0%

Potassium 231mg 4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## INGREDIENTS

- ½ cup unsweetened apple juice or apple cider
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ cup firmly packed, light brown sugar
- Pinch of Kosher salt
- 8 Granny Smith apples, unpeeled, cored, and thinly sliced
- ¼ cup cornstarch
- ½ cup water
- 2 TBSP unsalted butter
- Cinnamon Yogurt Cream
- 2 cups plain, fat-free yogurt
- ½ teaspoon ground cinnamon
- 2 TBSP honey

## DIRECTIONS

1. In a medium bowl, combine apple juice, cinnamon, nutmeg, brown sugar, and salt. Stir to combine.
2. Add sliced apples to juice mixture and stir to coat.
3. In a small bowl, combine cornstarch and water to make a slurry. Set aside
4. Melt butter in large sauté pan over medium-high heat. Add apple mixture and gently cook for about 6 minutes, until apples begin to soften.
5. Add cornstarch slurry to sauté pan and gently boil for 2–3 minutes; until apples are fork tender.
6. Remove from heat.

### For the cinnamon and yogurt topping

1. In a small bowl, add yogurt.
2. Stir in honey and cinnamon.

### To serve

1. Divide apple mixture among 8 bowls.
2. Top each bowl with ¼ cup of the yogurt mixture.

