

# Creamy Applesauce Dip

## Snack of the Month March – 2015



Dunk family-favorite fruits and whole grain crackers for a tasty snack that's low in fat, but high in flavor.

**Prep Time:** 5 Min

**Start to Finish:** 5 Min

**Makes:** 2 servings (1/4 cup dip and 1/2 apple each)

### INGREDIENTS

1/2 cup applesauce  
2 tablespoons 99% Fat Free French vanilla yogurt  
1/8 teaspoon cinnamon  
1 large apple or pear, cored, cut into 12 wedges

### DIRECTIONS

1. In small bowl, combine all dip ingredients; mix well.
2. Serve with apple or pear wedges or crackers.

**Recipe Provides:** Fruits 1/2c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Total Fat:</b>	0 g	<b>Saturated Fat:</b>	0 g
<b>Calories:</b>	130	<b>Calories from Fat:</b>	0	<b>Carbohydrates:</b>	30 g
<b>Cholesterol:</b>	0 mg	<b>Dietary Fiber:</b>	3 g	<b>Sodium:</b>	15 mg
<b>Sugars:</b>	24 g	<b>Protein:</b>	1 g		



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)