

Cooked Cinnamon Apples and Yogurt

The perfect delicious, nutritious snack, and heart-warming!

Essential Pregnancy Nutrients:

Probiotics: Yogurt

Fiber: Apple

Potassium: Yogurt

Vitamin C: Apple



INGREDIENTS

- 1 cup apple juice, divided
- 2 apples, cored, peeled, and sliced in thin wedges
- 1 tbsp honey
- 1 tbsp lemon juice
- 1 tsp vanilla
- 1/2 tsp cinnamon
- 3 cups plain Greek yogurt (or whole milk yogurt)

PREPARATION

1. Bring 1/2 cup apple juice to a simmer in a large skillet over medium-high heat. Add apple slices and cook for 5-6 minutes (add more juice if needed, so pan doesn't dry out).
2. Stir in the remaining apple juice, honey, lemon juice, vanilla, and cinnamon. Return to a simmer, then lower the heat to medium. Continue to cook until apples are tender and the sauce thickens.
3. Divide the yogurt into bowls and top with warm apples.
4. Enjoy!

Servings: 2-4

Prep Time: 10 minutes