# Yogurt and Sun Butter Apple Dip



Gather your

INGREDIENTS

and follow the

DIRECTIONS!

## INGREDIENTS



1-2 Apples

#### GREEK YOGURT

1 Cup of Greek Yogurt

#### SUN BUTTER

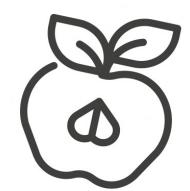
2 Thsp of Sunflower Seed Butter

#### **AGAVE NECTAR**

1 Tbsp of Agave Nectar

#### **CINNAMON**

1/4 tsp of Cinnamon



#### You may experiment with:

**Pifferent varieties of apples.** 

Peanut or Almond Butter instead of Sun Butter.

Mix in 1 Tbsp of raw Old Fashioned Oats to add some Whole Grains.

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1. Measure all the ingredients and put them into a medium-sized mixing bowl.



- 2. With a spoon, blend everything well.
- 3. With the help of an adult, cut the apples into slices for dipping.

(Be very careful or ask an adult for help.)



(Never "double-dip" if sharing this treat with a friend or family member!)





### Apple Tasting Activity:

Buy 3-5 different varieties of apples during apple season. Cut them up for a "taste test" and rank your apples in order using categories, such as sweetness, tartness, and crunchiness.

There is so much variety in apple names and flavors. You will likely find a new favorite snack!

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