



Apple Dumpling

Ingredients

1 large Golden Delicious or Gala apple, cored
1 Nature Valley Honey and Oats Bar, crushed
1/4 Cup low-fat vanilla yogurt (optional)
Cinnamon (optional)

Nutrition Facts (per serving)

Calories	210
Fat (g)	3
Saturated Fat (g)	-
Cholesterol (mg)	1
Sodium (mg)	122
Carbohydrate (g)	38
Fiber (g)	4
Protein (g)	5
Calcium (mg)	-

Preparation

Pack the cored apple with crushed granola. Place cored apple in a vegetable steamer or shallow saucepan with 1/2 inch water. Cover and steam for 10 minutes or until tender. Cool. Sprinkle with cinnamon and top with 1/4 Cup yogurt.

Serves 1

