

KIDS COOKING CLUB

Simple recipes to enjoy together

APPLE PIE YOGURT DIP

Makes
1/2 cup
(125 mL)

Ingredients

- ½ cup (125 mL) Greek vanilla yogurt
- 2 tsp (10 mL) unsweetened applesauce
- ¼ tsp (1 mL) cinnamon



Directions

1. Mix all ingredients together in a small bowl.
2. Let rest for 10 to 15 minutes to let flavours combine.
3. Serve with your favourite fruit.
4. Sprinkle cinnamon on dip before serving for extra color, if desired.

Notes

- Change flavour by using apple pie spice instead of cinnamon.



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