

# “BAKED” APPLESAUCE

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**Prep time: 5 minutes**

**Servings: 2**

**Serving size: 1/2 recipe**

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Sylvio Snake and his sweet fang love this healthy and delicious snack! Give it a try next time your Moblees ask for dessert.



**Sylvio**

## INGREDIENTS:

- 1 apple
- 2 tbsp raisins
- 2 tbsp water
- 1/4 tsp cinnamon
- 2 tbsp vanilla yogurt

## EQUIPMENT AND SUPPLIES:

- Bowl
- Knife

*Adult supervision required.*

## DIRECTIONS:

1. Core and dice the apple into small pieces.
2. In a small bowl combine apple, raisins, water and cinnamon.
3. Microwave on high heat for 2 minutes, until apples are soft. Allow to cool for 2 minutes. Divide between 2 small bowls and top each with 1 tablespoon of yogurt.

<b>Nutrition Facts</b> Serv. Size approximately 1/2 recipe, Amount Per Serving: <b>Calories</b> 80, <b>Total Fat</b> 0g, Saturated Fat 0g, Trans Fat 0g, Sodium 10mg, Total Carbohydrate 19g, Dietary Fiber 2g, Sugars 15g, Protein 1g
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