

# Farm Market

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## Apple Nachos

### Ingredients:

- ½ cup low-fat vanilla yogurt
- ¼ teaspoon ground cinnamon
- 3 medium apples, sliced or spiralized with the thick ribbon blade (about 5 cups)
- 2 tablespoons honey, divided
- 2 tablespoons finely chopped bittersweet chocolate or bittersweet chocolate chips, melted
- ¼ cup granola, divided
- ½ cup blueberries, divided

### Directions:

1. Combine yogurt and cinnamon in a small bowl.
2. Spread half of the apple slices on a medium platter. Drizzle with half the yogurt mixture and 1 tablespoon each honey and melted chocolate. Sprinkle with 2 tablespoons granola and ¼ cup blueberries. Make a second layer with the remaining ingredients. Serve immediately.

### Nutrition Facts:

Serving Size: About 1 cup each

139 calories; total fat 3.1g 5% DV; saturated fat 1.2g; cholesterol 1mg; sodium 16mg 1% DV; potassium 183mg 5% DV; carbohydrates 28.7g 9% DV; fiber 3.5g 14% DV; sugar 22g; protein 2.3g 5% DV; exchange other carbs 2; vitamin a iu 66IU; vitamin c 6mg; folate 10mcg; calcium 47mg; ironmg; magnesium 18mg; thiaminmg; added sugar 9g.

Exchanges: ½ low-fat dairy, 1 fruit, ½ other carbohydrate

*Recipe from eatingwell.com*