Grilled Cinnamon-Sugar Apple Skewers

Kids of all ages will enjoy helping make these delicious fall treats! Serve with lowfat vanilla yogurt for a healthy ‘apple pie a la mode’-like experience!

4 colorful fresh apples—cut into 8 wedges and seeded
2 T. sugar
2 t. ground cinnamon
2 C. lowfat vanilla yogurt

Directions:
- Pre-soak 8 bamboo skewers.
- Line grill-friendly baking tray with foil.
- Preheat grill on medium-high.
- Thread apple wedges onto skewers.
- Combine sugar and cinnamon in a small bowl. Sprinkle over skewers.
- Grill for 6-8 minutes or until sugar has melted and apples have just softened.
- Serve with yogurt ‘dip’.

Makes 8 servings.

To learn more about:
- Colorado-grown produce
- Safe food handling—from farm to table
- High altitude food preparation & preservation

Friday’s apple is loving and giving.

Colorado is famous for its Jonathan’s – a variety not grown in many other areas of the U.S. Excellent for making apple sauce or cider, and one of the best dessert and pie apples.