



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**



Nutrition Facts	
Serving Size 1.00 item(s) (156g)	
Amount Per Serving	
Calories	113
Calories from Fat	8
% Daily Value	
Total Fat	0.9g 1 %
Saturated Fat	0.5g 3 %
Trans Fat	0.0g
Cholesterol	3.1mg 1 %
Sodium	41.4mg 2 %
Total Carbohydrate	24.6g 8 %
Dietary Fiber	2.5g 10 %
Sugars	21.1g
Protein	3.3g
Vitamin A	2 %
Calcium	12 %
Vitamin C	8 %
Iron	1 %

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.



Jonathan

Friday's apple is loving an 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.

To learn more about:

- Colorado-grown produce
- Safe food handling—from farm to table
- High altitude food preparation & preservation

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