




Yield:  
4 servings

# APPLE GRANOLA CRISP

## COOKING DEMO

This recipe makes the perfect light dessert. Tender, baked apples seasoned with ginger and cinnamon will fill your kitchen with comforting aromas. The sweet taste of apples is balanced nicely with lemon flavored yogurt sauce.



Estimated cost  
per recipe:  
\$3.25

Estimated cost  
per serving:  
81¢

### INGREDIENTS

2 medium apples (cored and diced)  
1 Tbsp. butter  
1 Tbsp. packed light brown sugar  
¼ tsp. dried ginger powder  
½ tsp. cinnamon  
8 oz fat free plain Greek yogurt  
1 Tbsp. honey  
¼ cup low-fat, low sugar granola  
(see bonus recipe below)  
Zest and half the juice of one lemon

**Serving Size:** ½ cup of apples, 2 tablespoons of yogurt sauce and 1 tablespoon of granola

**Nutrition Information:** Calories 159, Total fat 4 g, Saturated fat 2 g, Trans fat 0 g, Cholesterol 11 mg, Sodium 46 mg, Carbohydrate 27 g, Fiber 4 g, Sugars 20 g, Protein 7 g

### DIRECTIONS

In a medium skillet, heat butter over medium heat. Add apples and cook about 5 minutes or until apples are golden brown, turning occasionally. Reduce heat to medium-low. Stir in brown sugar, ginger and cinnamon. Cook and stir for 5 minutes or until apples are nearly tender. Remove skillet from heat. Cover and let stand for 10 minutes.

Meanwhile, combine yogurt, honey, and lemon juice and zest. Serve apples topped with Greek yogurt mixture and a sprinkle of granola. YUM!



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## THE SCOOP ON SWEETS:

Sweets can fit into a healthful eating pattern. However, many Americans are eating too much added sugar. It's estimated that the typical American consumes an average of 20 teaspoons of added sugar each day! The 2015 Dietary Guidelines for Americans recommends that adults limit added sugar to less than 10% of calories. That's about 6 teaspoons (24 grams) a day for women and 9 teaspoons (36 grams) a day for men.

This recipe is a great example of how to limit sugar, boost nutrients and still enjoy a sweet treat! When choosing desserts, stick to those made with whole foods and filled with nutrients. For example, this recipe uses whole fruit which provides vitamins, minerals and fiber. Oats are a whole grain and the yogurt topping will include some vitamins and minerals as well. There is a little sugar added to this recipe, but it has much less than many desserts.

## ADDED SUGAR VERSUS NATURAL SUGAR

**Naturally occurring** sugar is found in many foods including fruits, starchy vegetables, dairy products and grains.

**Added sugar** is added to products during processing. For example, most applesauce found in grocery stores has added sugar.

**What's the difference?** The two types of sugar both break down in your body to molecules of glucose, fructose, and galactose. The difference is that naturally occurring sugar comes packaged with vitamins, minerals, and sometimes fiber.

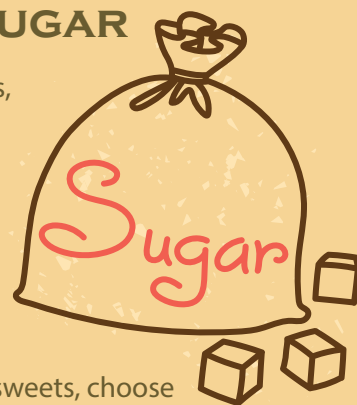
**The problem:** Too many foods have added sugar, leading to an increased preference for sweet foods and overconsumption of added sugar.

**The solution:** Read food labels and limit foods that have added sugar. When having sweets, choose sweets that provide a good amount of nutrients and fiber.

**Hint:** The following words on the nutrition label indicate sugar was added to the product:

**Fructose, Sucrose, Syrup, Molasses, Honey, Agave, Cane juice, Words that end in -ose**

**Good news:** Beginning in 2018, nutrition fact labels will include how many grams of sugar are from added sugar.



**Yield**  
20 servings  
( $\frac{1}{4}$  cup each)

### INGREDIENTS

3 cups old-fashioned oats  
 $\frac{3}{4}$  cup unsalted mixed nuts (chopped or pulsed in blender)  
 $\frac{1}{2}$  cup maple syrup  
 $\frac{1}{4}$  tsp. salt  
1 tsp. cinnamon  
 $\frac{1}{2}$  cup raisins (or dried fruit of your choice)  
2 Tbsp. ground flax seeds

### BONUS RECIPE Nutty Granola

#### DIRECTIONS

Preheat oven to 350°. Spray a large baking sheet with cooking spray. In a medium bowl, combine all ingredients and spread mixture onto the baking sheet. Bake granola for about 15 minutes, then stir granola around on baking sheet. Bake for another 15-20 minutes or until golden brown. Transfer baking sheet to a cooling rack; add dried fruit and let cool.

#### Nutrition Information:

Calories: 111, Total fat: 4 g, Saturated fat: 1 g, Monounsaturated fat: 3 g, Trans fat: 0 g, Cholesterol: 0 mg, Sodium: 30 mg, Carbohydrate: 18 g, Fiber: 2 g, Sugars: 7 g, Protein: 3 g

#### Source:

U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>