

Apple Pie Breakfast Bowl

1 cup plain
nonfat **Greek**
yogurt

1 tbsp **almond**
butter

$\frac{1}{8}$ tsp **cinnamon**

1 tsp **honey**

1 **apple**, diced

$\frac{1}{4}$ cup toasted
oats or
granola

2 tsp **pecans**,
chopped

In small bowl, stir together yogurt, almond butter, cinnamon and honey. Separate apple pieces into 2 breakfast bowls. Top apples with yogurt mixture, oats and pecans. Stir together and enjoy!



Makes 2 servings. Each:

268 calories ♦ 15g protein ♦ 12g total fat
♦ 0mg chol ♦ 27g carb ♦ 18g sugar ♦
4g fiber ♦ 47mg sodium