Spiced Yogurt Apple Dip

Makes 8 servings | A diabetic-friendly recipe

Ingredients:



- 2 cups plain Greek yogurt
- 1 (1-ounce) package sugar-free instant vanilla pudding mix
- 1 teaspoon cinnamon
- 1/2 teaspoon apple pie spice
- 1/2 teaspoon vanilla extract
- Apple slices for serving

Directions

1. Place Greek yogurt and pudding mix in a medium bowl.
2. Stir until smooth and well combined.
3. Add cinnamon, apple pie spice, and vanilla.
4. Cover and refrigerate for at least 30 minutes.
5. Stir before serving.
6. Serve with fresh apple slices.

Fun Food Fact

Apples belong to the rose family, along with pears, peaches, and strawberries. Thousands of apple varieties are grown around the world.

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