



# recipes

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## Zoe's Appletizing Apple Dip

Zoe Thinks This Treat is Tutu Good!



Prep Time:  
10 min



Cook Time:  
none



Makes:  
3 cups

### Ingredients:

- 2 apples (different varieties)
- 1 cup vanilla yogurt
- cinnamon
- ½ cup whole grain cereal O's or granola (optional)

Zoe loves apples! There are so many different kinds. Expose your child to the wide world of apples by making a yummy and healthy apple dip together.

### Directions:

#### Step 1: Things You'll Need

Gather these ingredients to make Zoe's Appletizing Apple Dip!

#### Step 2: Oh So Good Cereal O's

Place ½ cup of whole grain cereal between two paper towels.

**Little Hands Tip:** Count the O's by two's and four's. How many do you have?

#### Step 3: Crunchy Fun

Ask your child to help crush the O's between the paper towels with her hands or the back of a large spoon.

**Little Hands Tip:** Make fun sound while you crush: "Crunch, mash, crunch!"



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## Step 4: Gather Up Your O's

Place crushed O's in a small bowl.

## Step 5: Delightful Dip

In another small bowl, make the dip by stirring together the vanilla yogurt and a dash of cinnamon.

**Little Hands Tip:** Swirl and twirl your spoon like a ballerina.

## Step 6: A is for Apple

Wash the apples and cut them into slices. Adults should do the cutting.

## Step 7: Silly Sprinkles

Help your child arrange the apple slices in the bowl, then sprinkle the crushed O's on top of the yogurt dip.

**Little Hands Tip:** Sing a silly song while you sprinkle.

## Step 8: Dip Into This Delicious Dip

Enjoy your delicious, healthy snack together!