



WellBeingMD's  
Mindful Kitchen

## Caramel-Greek Yogurt Dip in an Edible Apple Cup

Adapted from delish.com

This appetizer looks impressive, but it'll only take minutes to make. And, as far as dips go, it's pretty healthy and the contrasts in flavor and texture make it a Win-Win for an appetizer or dessert.



**Total Time:** 10 minutes     **Prep Time:** 10 minutes     **Serves:** 5-6

### Ingredients:

- 4 organic large **Granny Smith apples**
- 1/4 c. **lemon juice**
- 2 containers (5.3 ounce) of **plain organic Greek yogurt**
- 1 tbsp. **caramel**
- 1/2 tsp. **cinnamon**

\*Because EWG's 2017 Shopper's Guide to Pesticides in Produce™ ranks apples at #4 in pesticides, WellBeingMD® advocates buying organic apples.

### Directions:

1. Cut the top off of one apple and use a spoon or melon baller to remove the core, scooping out the flesh to create a cup shape. Coat the inside with lemon juice so it doesn't brown.
2. Cut the remaining apples into wedges. Spritz or dip in lemon juice if you're concerned about browning; otherwise, arrange them around the apple cup.
3. Pour Greek yogurt, caramel and cinnamon into a small bowl and stir. Fill the apple cup with Greek yogurt and serve. You'll have plenty of yogurt leftover for a mid-party refill.



**Apple Nutrition:** You've heard, "An apple a day will keep the doctor away." While it will certainly take more than a daily apple to keep you healthy, it is a step in the right direction. Apples are delicious, easy to carry for snacking, low in calories, a natural mouth freshener, and they are still very inexpensive. They are a source of both **soluble and insoluble fiber**.

**Soluble fiber such as pectin actually helps to prevent cholesterol buildup in the lining of blood vessel walls**, thus reducing the incident of atherosclerosis and heart disease. The **insoluble fiber in apples provides bulk in the intestinal tract**, holding water to cleanse and move food quickly through the digestive system. It is a good idea **to eat apples with their skin**. Almost **half of the vitamin C content is just underneath the skin**. Eating the skin also increases insoluble fiber content. Most of an apple's fragrance cells are also concentrated in the skin and as they ripen, the skin cells develop more aroma and flavor. There are hundreds of varieties of apples on the market today, although most people have only tasted one or two of the most popular such as Red Delicious or Granny Smith. Apples can be sweet, tart, soft and smooth or crisp and crunchy, depending on the one you choose. There is an apple to suit almost everyone's taste, so why not choose one. Have an apple today! ~ U of I Extension's Apples and More

WellBeingMD® - Center for Life

Home of "The Mindful Kitchen"

11950 S. Harlem Avenue - Palos Heights, IL 60463 - 708.448.9450

WellBeingMD.com