

APPLE CINNAMON YOGURT

Ingredients:

½ c. nonfat White Mountain Foods Bulgarian Yogurt

2 c. apple cider

1 apple, chopped into tiny chunks

1 Tbsp. cinnamon

1 Tbsp. honey

Directions:

Combine the cider, apple, cinnamon, and honey. Bring to a boil over medium-high heat, stirring occasionally, until the mixture is reduced to ½ cup. Cool and stir into yogurt.