



## Apple Pie in a Glass

**Prep Time:** 5 minutes

**Cost per serving:** \$0.43

### What you need:

#### Utensils:

- Measuring cups & spoons
- Stirring spoon
- Blender or 1 quart jar with lid

#### Ingredients:

- 1½ cups skim milk
- 3 tablespoons 100% frozen apple juice concentrate
- ½ cup fat free or low-fat vanilla frozen yogurt
- ¼ teaspoon ground cinnamon

#### What to do:

1. Wash hands and cooking area.
2. Put all ingredients into a blender and blend until smooth. If blender is unavailable, mix all ingredients in a large quart (4 cup) jar that has a tight lid. Screw on the lid tightly and shake until everything is mixed well. Stir before serving.
3. Serve in chilled glasses for added enjoyment!



### Deanne Garrett

Better Living for Texans  
Program Assistant

Texas A&M AgriLife Extension  
Fort Bend County

1402 Band Road, Suite 100  
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040  
Fax: (832) 471-2400

#### WEBSITE:

<http://fortbend.agrilife.org>

#### EMAIL:

[deanne.garrett@ag.tamu.edu](mailto:deanne.garrett@ag.tamu.edu)

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

### Nutrition Facts

Serving Size 1 cup  
Servings Per Container 2

Amount Per Serving

**Calories 210**    **Calories from Fat 20**

% Daily Value\*

**Total Fat 2.5g**    **4%**

**Saturated Fat 1.5g**    **8%**

**Trans Fat 0g**

**Cholesterol 35mg**    **12%**

**Sodium 125mg**    **5%**

**Total Carbohydrate 36g**    **12%**

**Dietary Fiber 0g**    **0%**

**Sugars 30g**

**Protein 11g**

**Vitamin A 10%**    • **Vitamin C 2%**

**Calcium 30%**    • **Iron 0%**