

# SIMPLE CARAMEL APPLE DESERT

\*WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

SO SIMPLE-BUT SO DELICIOUS! I LOVE THIS LITTLE DESERT,  
AS IT CURBS MY SWEET TOOTH WITHOUT GOING COMPLETELY  
OFF MY DIET.



## IN MASON JAR OR BOWL; COMBINE

- 1/2 APPLE DICED
- ½ CUP GREEK YOGURT (PLAIN OR VANILLA)
- TOUCH VANILLA
- DASH PINK SALT

## SPRINKLE ON TOP

- 1 TBS HEATH BITS O BRICKLE (IN THE GROCERY ISLE NEXT TO THE CHOCOLATE CHIPS)

ENJOY!