



Trend – Reducing Added Sugar

Walnut Apple Cherry Cream Cups

No added granulated sugar in this dessert

- 1 large red apple, cored, chopped
- 1 teaspoon ground cinnamon
- 1/2 cup 100% cranberry-pomegranate juice
- 1/4 cup water
- 1/2 cup dried cherries or cranberries
- 1/2 cup Greek unflavored yogurt
- 1/4 cup coarse broken walnuts

Cook Apples: Place apple pieces in small saucepan; toss apples with cinnamon; add juice and water; cook over medium high heat to boiling; reduce heat to medium; cook for about 5 minutes or until apples are tender. Remove from heat; stir in dried cherries or cranberries. Set aside to cool, about 10 minutes to moisten the dried fruit.

Add Yogurt: Remove apples and moist dried fruit to a bowl; set remaining juice aside. Stir yogurt into apple mixture; mix to combine. Place in refrigerator to chill for about 1 hour or longer.

To Serve: Place drained juice in small saucepan; bring to a boil; reduce to about 1/8 cup. Place apple dessert in small individual dessert bowls; sprinkle top with broken walnuts. Drizzle about 1 to 2 teaspoons of warm juice over the top. Serves: 2

About the Recipe: Some desserts are just too nutritious and delicious not to make. This dessert is one of them. It will help lower the levels of blood cholesterol and is combined with plain yogurt, containing probiotics or healthy bacteria that may fight infections. It has a baked apple flavor with a sweet touch of cherries and berries. It's destined to become your go-to dessert.

Nutrition Information Suggests: Making this kind of fruit a part of your regular diet can lower the levels of blood cholesterol on your body. It contains the soluble fiber called pectin, which helps a lot in maintaining low cholesterol. Meanwhile, drinking apple juice is also incredibly good. It contains all-important components like flavonoids, anthocyanins, and phenols, all of which help in the oxidation low-density lipoprotein, which is a form of bad cholesterol. Generally, the consumption of this fruit greatly helps in the improvement of your circulatory system.

For More Information See:

<https://www.whyguides.com/why-are-apples-good-for-you.html><https://www.whyguides.com/why-are-apples-good-for-you.html>