

## APPLE CINNAMON YOGURT

### **Ingredients:**

½ cup nonfat White Mountain Foods Bulgarian Yogurt  
2 cups apple cider  
1 apple, chopped into tiny chunks  
1 T. cinnamon  
1 T. 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.