

## GREEN APPLE & YOGURT BOWL

*(from the Bewitching Kitchen)*

1 cup non-fat yogurt  
1/2 large Granny Smith apple, grated  
sliced almonds  
agave nectar

Toast the sliced almonds lightly, either in an oven or a non-stick skillet. Watch them very carefully, as they go from toasted to burned in seconds. Let them cool slightly.

In a bowl, mix the grated apple (no need to peel) with the yogurt, add some agave nectar to your taste. Sprinkle the almonds on top, a little extra drizzle of agave, and enjoy it right away.