

## Yogurt Sundaes

1 apple, peeled, cored and diced  
¾ c. rolled oats  
1/8 c. maple syrup  
½ c. chopped walnuts  
1 c. organic vanilla yogurt  
2 T. wheat germ  
1 pinch each cinnamon and nutmeg

Stir all of the ingredients together except for the wheat germ and spices. Serve in small bowls topped with wheat germ and spices. Serves 4.

Nutrition (per serving): 299.9 calories; 36% calories from fat; 12.8g total fat; 3.5mg cholesterol; 42.1mg sodium; 404.0mg potassium; 38.1g carbohydrates; 5.0g fiber; 9.6g sugar; 33.1g net carbs; 11.1g protein.