

Spiralized Apple Spaghetti with Cinnamon Dressing

Jacob · 30/09/2024



Prep Time

2

Difficult

Medium

Servings

2 servings

Description

Cool and refreshing dessert with the crunch of walnuts

Ingredients

- - 1 Red Delicious apple - 1 (6 ounce) container plain Greek yogurt - 2 teaspoons honey
- or more to taste - ¼ teaspoon ground cinnamon - ¼ teaspoon vanilla extract - ¼ cup chopped walnuts

Instructions

1. Attach apple to a spiralizer and cut into ribbons. Whisk Greek yogurt
2. honey
3. cinnamon
4. and vanilla extract together in a bowl until blended. Add apple; toss to coat. Garnish with walnuts. Cook's Note: Use any firm-fleshed red apple you like.