

# Apple Pie Yogurt Parfait

## INGREDIENTS

- 1 sweet apple, diced
- 1-2 teaspoons ground cinnamon
- 1 cup light vanilla Greek yogurt
- 1 tablespoon granola

**SERVING SIZE: 1**

**TIME: 10 MINUTES**



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LAURANORRISRUNNING.COM



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# Apple Pie Yogurt Parfait

## PROCEDURE

1. Cut and dice your apple into bite-sized pieces
2. Season the apples with cinnamon, to taste
3. Cook apples in a pan over medium-low heat until apple pieces are tender, about 5 - 7 minutes. Remove from heat
4. Dish Greek yogurt into a bowl and top with apples and granola
5. Sprinkle cinnamon on top
6. Enjoy!

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