

Apple Pie Yogurt Parfait

INGREDIENTS

- 1 sweet apple, diced
- 1-2 teaspoons ground cinnamon
- 1 cup plain or vanilla yogurt
- 1 tablespoon water

Optional:

- 1 tablespoon granola

SERVING SIZE: 1
TIME: 10 MINUTES



ADAPTED FROM:
SALADINAJAR.COM



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PROCEDURE

1. Cut and dice your apple into bite-sized pieces
2. Season the apples with cinnamon, to taste
3. Place apples and water in microwave safe bowl and cover loosely
4. Microwave for 2 minutes (cooking time may vary)
5. Dish yogurt into a bowl and top with apples and granola
6. Sprinkle cinnamon on top
7. Enjoy!

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