



Apple Cinnamon Greek Yogurt Parfaits

Ingredients

- 1 ½ cups of Greek Yogurt
- 2 TBSP Honey
- 1 TSP Vanilla
- 1 TSP Ground Cinnamon
- 1 medium Crisp Apple
- ¼ cup Applesauce

Preparation

- 1) Have two glasses ready.
- 2) To a medium bowl, add yogurt, honey, vanilla, and cinnamon. Stir well to combine.
- 3) Grab one quarter of the apples and place at the bottom of the cups.
- 4) Add one-third of the yogurt to the cups. Be sure to spread layers evenly.
- 5) Continue layering with yogurt and apples one more time.
- 6) Add all of the applesauce amongst all of the cups.
- 7) Add remaining yogurt and apples to the cups.
- 8) Top with honey and cinnamon if desired. Serve.

Nutrition Information based on 1 portion (2)

Calories: 240	Total Fat: 1 g	Total Carbohydrate: 41 g	Dietary Fiber: 3 g
Protein: 19 g	Sodium: 69 mg	Calcium: 222 mg	Iron: 0 mg

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