

Breakfast | Snack

# Cinnamon Apple Parfaits

**10 Mins**  
Prep Time

**0 Mins**  
Cook Time

**2**  
Servings

 **272 Calories** **5g Fat** **46g Carbs** **5g Protein**



## Ingredients

 **2 Servings**  **10 Mins Total Time**  **Allergens: Nuts, Dairy, Gluten**

1 (5.3 oz) Container Low-Fat Vanilla Greek Yogurt 

1 Medium Apple, diced 

½ Tsp Cinnamon

½ Cup Granola Cereal

### Allergen Swap

**Nuts** Choose a granola without nuts

**Dairy** Use a dairy-free yogurt (soy, coconut, etc.)

**Gluten** Replace the granola with a gluten-free version

### Nourishment Note



#### **Low-Fat Yogurt**

Yogurt contains beneficial probiotics that may help improve immunity and reduce inflammation.



#### **Apples**

Apples are a great source of insoluble and soluble fiber to help maintain a healthy digestive system and lower cholesterol levels.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Coat Apples in Cinnamon

In a bowl, toss the diced apples with the cinnamon until the apples are evenly coated.

### 3. Assemble Ingredients in Serving Bowl

In a serving bowl, add a spoonful of yogurt. Top the yogurt with a heaping spoonful of cinnamon apples. Layer 2 tablespoons of granola on top of the apples. Repeat the yogurt, apples, and granola layers once more.

### 4. Repeat Steps 1 & 2, Serve & Enjoy

Repeat steps in second serving bowl. Serve and enjoy.

### 5. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Cutting Board



Knife



Measuring Spoons



Small Serving Bowls (2)



Bowl



Spoon

### Fatigue Buster

- Before coating apples in cinnamon, sprinkle with lemon juice to prevent browning. Make recipe as normal and save one parfait in the fridge for a future snack.