

Breakfast | Snack

# Cinnamon Apple Parfaits

Side Effect: Trouble Swallowing

**10 Mins**  
Prep Time

**0 Mins**  
Cook Time

**1**  
Servings

 **223** Calories **3g** Fat **38g** Carbs **14g** Protein



## Ingredients

 **1** Serving  **10 Mins** Total Time  **Allergens: Dairy**

**1 (5.3 oz) Container** Vanilla Greek Yogurt, **pasteurized** 

**1** Medium Apple, **washed**, peeled and diced

**½ Tsp** Cinnamon 

**1 Tbsp** Water

### Allergen Swap

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

### Nourishment Note



#### **Yogurt**

The texture of yogurt makes it a good choice for those who have difficulty swallowing or pain while swallowing.



#### **Cinnamon**

Cinnamaldehyde, a compound found in cinnamon, may help to lessen the inflammation associated with certain cancers.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Coat Apples in Cinnamon

In a bowl, toss the peeled, diced apples with the cinnamon and water until the apples are evenly coated. Microwave for approximately 30-60 seconds or until the apples are softened and easy to chew.

### 3. Assemble Ingredients

In a serving bowl, add a spoonful of yogurt. Top the yogurt with a heaping spoonful of cinnamon apples. Repeat until all the ingredients have been layered. Top with a sprinkle of cinnamon. Serve and enjoy!

### 4. 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 Bowl



Microwave



Bowl



Spoon

### Fatigue Buster

- Make a double-batch and save additional parfait for a quick breakfast the next day.