

#### Breakfast | Snack

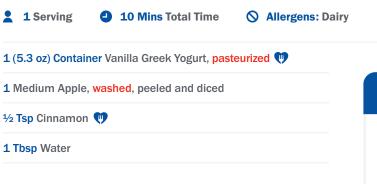
# **Cinnamon Apple Parfaits**

Side Effect: Trouble Swallowing

<b>10 Mins</b>		O Mins		<b>1</b>
Prep Time		Cook Time		Servings
E	223 Calories	3g Fat	38g Carbs	14g Protein



### Ingredients



#### Allergen Swap

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



# 🖤 Yogurt

**Nourishment Note** 

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
ſ	Knife
E	Measuring Spoons
	Small Serving Bowl
	Microwave
$\Theta$	Bowl
9	Spoon

#### **Fatige Buster**

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