

APPLE YOGURT PARFAIT

- 1 medium size apple, sliced
- ½ cup fresh blueberries
- ½ cup low-fat vanilla Greek yogurt
- ½ cup granola
- 1 teaspoon cinnamon

1. Slice apple into 8 pieces (use 4 for each layer).
2. Place apples in bottom of dish then top with half of yogurt.
3. Place half of the granola on top of yogurt.
4. Place half of the blueberries on top of granola.
5. Sprinkle with cinnamon.
6. Repeat for another layer.

Serves 1.

Recipe provided by *Melissa Olsen*.

www.feedingthegulfcoast.org/recipes | (888) 704-FOOD

APPLE YOGURT PARFAIT

- 1 medium size apple, sliced
- ½ cup fresh blueberries
- ½ cup low-fat vanilla Greek yogurt
- ½ cup granola
- 1 teaspoon cinnamon

1. Slice apple into 8 pieces (use 4 for each layer).
2. Place apples in bottom of dish then top with half of yogurt.
3. Place half of the granola on top of yogurt.
4. Place half of the blueberries on top of granola.
5. Sprinkle with cinnamon.
6. Repeat for another layer.

Serves 1.

Recipe provided by *Melissa Olsen*.

www.feedingthegulfcoast.org/recipes | (888) 704-FOOD