

Apple Pie Parfait

Makes
5 servings

Prep time
10 minutes

Good source of
Calcium
Protein

Ingredients:
2 cups apples, diced
1 tsp. ground cinnamon, divided
2 cups low- or non-fat vanilla yogurt
1 cup granola (*see recipe below*)

Ingredients for granola:
2 Tbsp. honey
½ tsp. vanilla extract
½ cup water
½ tsp. ground cinnamon
2 Tbsp. vegetable oil
¼ tsp. salt
4 cups quick oats

Nutrition Facts

5 servings per container
Serving size 3/4 cup (164g)

Amount per serving
Calories **180**

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 41g	15%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 10g Added Sugars	20%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 131mg	10%
Iron 1mg	6%
Potassium 232mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

Prepare the granola ahead of time:

1. Preheat oven to 275 degrees F. Combine all ingredients in a bowl. Spread mixture on sheet pan in a thin layer.
2. Bake for 20 minutes. Remove, stir well, return to oven, and bake for 20 more minutes.
3. Remove and stir as before. Bake an additional 10 minutes until granola is golden brown. Cool and store in a covered container.

Directions for Parfait:

1. In a small bowl, add apples and ½ teaspoon of the ground cinnamon. Stir until well combined and set aside.
2. In a separate bowl, stir together yogurt and the remaining ½ teaspoon of ground cinnamon until well blended.
3. To assemble the parfait, layer 2 tablespoons of yogurt into a cup or glass, followed by 1 tablespoon of the apple mixture, and 1 tablespoon of granola. Repeat two more times to fill the cup.
4. Repeat step 3 to make additional parfait cups. Serve immediately. Refrigerate any leftovers.

