

Apple Yogurt Parfait

Serving Size: 1 parfait cup

Number of Servings: 2

Cook Time: 10 minutes

INGREDIENTS

- 1 cup Greek yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla
- 2 teaspoons ground cinnamon
- 1/8 tsp nutmeg
- 2 teaspoons lemon juice
- 1 medium apple



DIRECTIONS

- Core and dice apple.
- In a microwave safe bowl, combine diced apples, 1 tsp cinnamon, lemon juice, and nutmeg
- Microwave for two and a half minutes or until apples are tender
- In a separate bowl, combine Greek yogurt, honey, vanilla extract and remaining cinnamon (1 tsp) together
- Assemble the parfait in layers in two separate bowls: add three tablespoons of yogurt to each bowl. Then add 1/4 of the apple mixture. Then add three more tablespoons of yogurt and 1/4 of the apple mixture.
- Enjoy

Recipe adapted from kitchentreaty.com

RECIPE COST	
Total Cost*	\$18.66
Cost per Recipe	\$2.28
Cost per Serving	\$1.14
*assuming you don't have any of the listed items	

NUTRITION FACTS	
Serving	1 parfait cup
Calories	202
Fat	3 g
Saturated Fat	<1 g
Sodium	110 mg
Carbohydrate	32 g
Fiber	3 g
Sugar	21 g
Added Sugar	9 g
Protein	12 g

	Apple Yogurt Parfait	McDonald's Fruit Parfait	Starbucks Fruit Parfait	Walmart Pre-made parfait
Serving	1 parfait cup	1 parfait cup	1 parfait cup	1 parfait cup
Calories	202	210	240	330
Fat	3 g	3 g	2.5 g	6 g
Saturated Fat	<1 g	1.5 g	0 g	2 g
Sodium	110 mg	75 mg	100 mg	115 mg
Carbohydrate	32 g	40 g	42 g	60 g
Sugar	21 g	28 g	29	39 g
Fiber	3 g	1 g	2 g	3 g
Protein	12 g	6 g	14 g	8 g