

Apple Parfaits

Prep Time: 5 min
Serves 1

INGREDIENTS

- 1 (5.3 ounce) container Greek-style plain or vanilla yogurt
- 1 apple, diced
- 2 Tablespoons granola or other crunchy cereal of choice
- Cinnamon (to taste)



DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Layer yogurt, apples and granola in a jar or bowl.
2. Repeat the layers until the jar or bowl is full.
3. Top parfait with granola.