

Apple Cinnamon Delight

Memphis, TN

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prep time: 5 min

total time: 15 min

serves: 4

ingredients

4 apples

4 pears

4 cups low-fat vanilla yogurt

2 tablespoons and

2 teaspoons cinnamon

2 cups granola

directions

- 1 Dice apples and set aside.
- 2 Dice pears and set aside.
- 3 In a small bowl, combine yogurt and cinnamon; stir together.
- 4 Gather four serving cups; put a layer of diced apples in each one.
- 5 Top apples with a layer of yogurt; then add a layer of pears.
- 6 Add $\frac{1}{2}$ cup of granola on top of each parfait. Serve and enjoy!