



# Recipe: Apple Pie Yogurt Parfait

sodexo\*

🕒 15 minutes

## Ingredients:

- 1/4 C pecan, chopped
- 1 C apple, unpeeled, cored, diced into 1/4" pieces
- 3 tsp brown sugar
- 1 tsp cinnamon, ground
- 1/4 tsp nutmeg
- 2 C Greek yogurt
- 1/4 C granola

## Instructions:

1. To toast the pecans: Preheat the oven to 400degrees. Arrange pecan pieces on a baking sheet and bake for 3-5 minutes.
2. Remove from oven and allow to cool.
3. In a mixing bowl, combine the toasted pecan pieces, diced apple, sugar, cinnamon and nutmeg. Toss well to combine.
4. In a small glass or parfait cup place 1/4 of the granola, then place 1/4 of the yogurt. Top with a sprinkling of granola. Repeat with remaining parfaits.

## Nutritional Facts:

<b>Servings:</b>	<b>4 parfaits</b>
<b>Amount Per Serving:</b>	
<b>Calories</b>	<b>230</b>
<b>Total Fat</b>	<b>7g</b>
<b>Saturated Fat</b>	<b>1g</b>
<b>Cholesterol</b>	<b>3 mg</b>
<b>Sodium</b>	<b>40 mg</b>
<b>Total Carbohydrate</b>	<b>30 mg</b>
<b>Dietary Fiber</b>	<b>2g</b>
<b>Protein</b>	<b>10g</b>

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.