

CINNAMON APPLE PARFAIT

Ingredients

- 4 medium apples, cored & chopped in 1 in cubes
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ground nutmeg
- 1 teaspoon vanilla
- 1 tablespoon lemon juice
- 24 oz vanilla yogurt
- Cinnamon Toast Crunch, crushed

Directions

1. Place chopped apples in a large bowl. Add brown sugar, cinnamon, nutmeg, vanilla, and lemon juice. Stir mixture and let sit for 30 minutes.
2. Add apples and juice to a sauce pan. Simmer on a low to medium heat for 10-15 minutes or until apples are soft and sugar has thickened. Remove from heat and let cool.
3. Layer yogurt 1/2 cup of yogurt, 1/4 cup of apple mix, and sprinkle crushed cinnamon toast crunch.
4. Enjoy!

