

Apple Cinnamon Parfait with Gingerbread Spice



Ingredients

- 3/4 cup Life Cereal - Original
- 1 container (about 5.3 oz) vanilla lower sugar non-fat yogurt
- Ground cinnamon
- 1/2 cup chopped apple, divided
- Thin apple slices for garnish (optional)

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	0 min	10 min	1

Made with



How to make it

1. Place 1/4 cup cereal in parfait glass (or other clear glass).
2. Top with half of yogurt and sprinkle with cinnamon.
3. Add 1/4 cup chopped apple.
4. Add another 1/4 cup cereal and remaining 1/4 cup chopped apple.
5. Top with remaining 1/4 cup cereal.
6. Garnish with apple slices, if desired.

Life Cereal - Original