

Cinnamon Life® Apple Parfait



Ingredients

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

How to make it

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

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

Made with



Life Cereal - Cinnamon