



KIDS RECIPE : APPLE YOGURT PARFAITS

Ingredients

- 1 cup sweetened applesauce
- Dash ground nutmeg
- 1/2 cup granola with raisins
- 1-1/3 cups vanilla yogurt

Directions

- In a small bowl, combine applesauce and nutmeg.
- Spoon 1 tablespoon granola into each of 4 parfait glasses.
- Layer each with 1/3 cup yogurt and 1/4 cup apple sauce; sprinkle with remaining granola. Serve immediately.

Nutrition Facts

1 parfait: 158 calories, 2g fat (1g saturated fat), 4mg cholesterol, 70mg sodium, 30g carbohydrate (24g sugars, 1g fiber), 5g protein.



Recipe from
tasteofhome.com

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