**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](http://tasteofhome.com)

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