



APPLE CINNAMON YOGURT PARFAIT

November 25

National Parfait Day

INGREDIENTS

- 2 Pounds Apples (cored, peeled, and diced)
- 4 Teaspoons Honey
- 1 Teaspoon Ground Cinnamon
- Pinch of Salt
- 1 Cup Granola (meets CACFP sugar limits)
- 2 Cups Yogurt (meets CACFP sugar limits)
- 1 Cup Applesauce

DIRECTIONS

1. Cook the apples: In a skillet over medium heat, sauté apples with honey, cinnamon, and salt for 5–7 minutes until tender and caramelized. Let cool slightly.
2. Combine yogurt and applesauce in a bowl until smooth.
3. In glasses or jars, layer yogurt mixture, warm apple compote, and granola. Repeat layers.
4. Serve immediately for crunch, or chill briefly for a softer texture.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Breakfast

YIELD

4 Parfaits

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Yogurt + ¼ Cup Apples + ⅛ Cup Granola	¼ Cup Yogurt + ½ Cup Apples + ⅛ Cup Granola	½ Cup Yogurt + ½ Cup Apples + ¼ Cup Granola	½ Cup Yogurt + ½ Cup Apples + ½ Cup Granola