



# Apple Cinnamon Parfait with Gingerbread Spice

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Apple Cinnamon Parfait with Gingerbread Spice has less than 5 ingredients, takes 10 minutes to make, and is made with common breakfast ingredients. Assemble this easy recipe by layering each ingredient in a parfait glass. The combination of the gingerbread flavored cereal and warm cinnamon creates a tasty fall and winter breakfast option.

## Ingredients

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

## Cooking Instructions

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.