



Cinnamon Life Apple Parfait

 **SERVINGS** not found or type unknown

1

 **COOKING TIME** not found or type unknown

0 min

This Cinnamon Life Apple Parfait recipe combines crunchy Cinnamon Life cereal, layers of sweetened Greek yogurt, and diced apples for a deliciously simple and refreshing treat.

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)

Cooking Instructions

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.