

Breakfast | Snack

Cinnamon Apple Parfaits

Side Effect: Trouble Swallowing

10 Mins
Prep Time

0 Mins
Cook Time

1
Servings

223 Calories **3g** Fat **38g** Carbs **14g** Protein



Ingredients

1 Serving **10 Mins** Total Time **Allergens: Dairy**

1 (5.3 oz) Container Vanilla Greek Yogurt, **pasteurized**

1 Medium Apple, **washed**, peeled and diced

½ Tsp Cinnamon

1 Tbsp Water

Allergen Swap

Dairy Use a dairy-free yogurt (soy, coconut, etc.)

Nourishment Note



Yogurt

The texture of yogurt makes it a good choice for those who have difficulty swallowing or pain while swallowing.



Cinnamon

Cinnamaldehyde, a compound found in cinnamon, may help to lessen the inflammation associated with certain cancers.

Instructions

1. Wash Hands

Wash hands before beginning recipe.

2. Coat Apples in Cinnamon

In a bowl, toss the peeled, diced apples with the cinnamon and water until the apples are evenly coated. Microwave for approximately 30-60 seconds or until the apples are softened and easy to chew.

3. Assemble Ingredients

In a serving bowl, add a spoonful of yogurt. Top the yogurt with a heaping spoonful of cinnamon apples. Repeat until all the ingredients have been layered. Top with a sprinkle of cinnamon. Serve and enjoy!

4. Wash Dishes

Remember to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands when finished.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Cutting Board



Knife



Measuring Spoons



Small Serving Bowl



Microwave



Bowl



Spoon

Fatigue Buster

- Make a double-batch and save additional parfait for a quick breakfast the next day.