



ROASTED APPLE PARFAIT

Provided by Fairfax County Public Schools

Ingredients

- **For the Roasted Apples:**
- 8 small apples
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- **For the Parfaits:**
- 2 cups non-fat vanilla or plain yogurt
- 1 cup granola
- 1 recipe Roasted Apples

Directions

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Peel, core and slice the apples into eighths. Cut each apple slice in half.
3. In a mixing bowl, combine the cinnamon, nutmeg and clove. Stir to blend evenly. Add the apples and toss to combine.
4. Spread the apples evenly onto the prepared baking sheet.
5. Bake for 8 minutes. Let cool. Refrigerate for up to 5 days.
1. Divide the yogurt among 4 serving cups.
2. Place 1/4 cup of granola and 1/2 cup Roasted Apples over each portion of yogurt.

SERVES 4