



Apple Yogurt Parfaits

Treat mom to breakfast in bed with these healthy and delicious breakfast parfaits. Make it fun and serve in a fancy teacup or mason jar.

Total Time: 10 minutes Makes: 4 servings

Ingredients

1 cup sweetened applesauce
A dash of ground nutmeg
1/2 cup granola with raisins
1 cup vanilla yogurt
Fresh fruit

Directions

1. In a small bowl, combine applesauce and nutmeg.
2. Layer 1/3 cup yogurt and 1/4 cup applesauce into each of 4 parfait glasses or any holder. A clear glass holder looks the best.
3. Spoon 1 tablespoon granola on top of the yogurt mix.
4. Cut up some fresh fruit and add on top of the granola.
5. Serve to mom, on a beautifully decorated tray.

Nutrition Facts (without fruit): 1 parfait: 158 calories, 2g fat (1g saturated fat), 4mg cholesterol, 70mg sodium, 30g carbohydrate (24g sugars, 1g fiber), 5g protein.



BREAKFAST IN BED