



Simple | Healthy | Delicious

Spiced Quinoa Apple Pie Parfait

INGREDIENTS

1 cup Greek yogurt

1 apple (chopped)

¼ cup Nature's Earthly Choice Quinoa

½ tbsp. cinnamon

½ tsp nutmeg

½ tsp salt

1 tbsp brown sugar



DIRECTIONS:

1. Combine chopped apple, brown sugar, ¼ tablespoon cinnamon, ¼ teaspoon nutmeg and ¼ teaspoon salt in an oven safe dish. Roast apples until soft and caramelized, about 15-20 minutes.
2. Combine dry quinoa with remaining cinnamon, nutmeg and salt. Cook according to directions.
3. When apples and quinoa have cooled (not completely, but they shouldn't be scalding) layer in a glass with Greek yogurt. If desired, mix yogurt with cinnamon and honey for topping.