

Spiced Quinoa Apple Pie Parfait

simple
healthy
delicious

Ingredients

- 1 cup Greek yogurt
- 1 apple (chopped)
- ¼ cup Nature's Earthly Choice™ Quinoa
- ½ tablespoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon salt
- 1 tablespoon 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.