



### Apple Pie Parfait

4 servings

#### Ingredients

2 cups oats  
2 medium sized (about 3 cups) apples, peeled, cored, chopped  
1/2 teaspoon cinnamon  
2 pinches nutmeg  
2 cups plain yogurt

#### Directions

In a skillet on medium heat, toast raw oats lightly browned, and aromatic, about 2-3 minutes. Stir regularly. This can also be done in the oven. Place oats on a sheet pan, and toast at 350 degrees, stirring periodically to prevent burning. Oats can be toasted in advance, stored in an airtight container in the pantry for a few weeks.

Heat skillet or small saucepan on medium heat. Add apples, cinnamon, and nutmeg. Stir. Optional, add 1 tablespoon butter in pan first.

Add water in 1/2 cup portions to the apples. Cook, stir, and cover, until apples are very tender, and a little glossy, about 5-7 minutes. Set aside, cool.

To assemble, add yogurt, and layer with apple mix, and toasted oats at the top, in a jar. Optional, drizzle oats with a little real maple syrup.



### Shopping List

#### Produce

2 medium sized (about 3 cups) apples, peeled, cored, chopped

#### Dairy

2 cups plain yogurt

#### Grocery/Dry Goods

Ground cinnamon

Ground nutmeg

Oats, old fashioned or quick cooking work best