

INGREDIENTS

Applesauce

- 3 lbs of cored, peeled, and cut into chunks Apples
- Juice of 1 Lemon
- 1 stick of Cinnamon
- ¼ c Brown Sugar
- ½ c Water
- 1 pinch of Salt

Granola

- 2 cups rolled oats
- 2 tbsp Brown Sugar
- ½ tsp Ground Cinnamon
- ¼ tsp Salt
- 1/3 c Honey
- 3 tbsp Coconut Oil
- ½ tsp Vanilla Extract
- ½ cup chopped nuts, dried fruit or seeds (optional)

DIRECTIONS

Applesauce:

1. Combine ingredients into a saucepan that has a lid.
2. Bring to a boil and simmer until apples are soft, about 20 minutes.
3. If using a pressure cooker, combine ingredients in and mix. Cook on high pressure for 5 minutes. Natural release for 10 minutes. Remove lid, stir and mash if necessary.

Granola:

1. Heat coconut oil in large pan over medium heat.
2. Combine oats, cinnamon, sugar, honey and vanilla extract in pan and stir constantly for 3-4 minutes.
3. Remove from heat and stir in nuts, seeds or dried fruit and allow to cool.

Combine applesauce and granola with your favorite yogurt and enjoy!



Applesauce and Yogurt Parfait

w/ Homemade Granola

Gluten Free | High Protein | Vegetarian |

Prep Time:
25 Min

Cook Time:
25 Min