

INGREDIENTS

- 1 Large Apple, cored and chopped
- 2 tsp Coconut Oil
- 2 tsp Honey
- 1 tsp Cinnamon or Apple Pie Spice

DIRECTIONS

1. Chop and then cut the apple into thin slices or small pieces. The smaller you chop the faster they cook!
2. Add coconut oil to saucepan and melt over medium heat.
3. Mix in the apple slices, honey, and cinnamon or spice, sautéing for about 5 minutes or until apples are soft.
4. Add a tablespoon of water to pan, if the mixture gets too dry.
5. In a bowl layer granola/flax/whatever you selected, yogurt, and apples.
6. Enjoy!



Hot Apple Pie Parfait

Gluten Free | Vegetarian

Yield:
1 Servings

Prep Time:
15 Min

Cook Time:
5 Min