**Applesauce and Yogurt Parfait with Homemade Granola**

Make your own applesauce and add it to your

favorite yogurt for this fun fall recipe! Eat it for breakfast

or as a snack. You’ll get protein and calcium from the

yogurt, sweetness from the applesauce,

and a satisfying crunch from the granola!

**Homemade Applesauce Ingredients: Makes about 4 servings**

-3 pounds of cooking apples that are cored, peeled and cut into 1-inch chunks

 -Juice from 1 lemon

 -1 stick of cinnamon

 -¼ cup of brown sugar

 -½ cup water

 -1 pinch of salt

**Directions:**

Combine all ingredients into a saucepan that is covered with a lid. Bring ingredients to a boil, then turn to low and simmer until the apples are completely soft (about 20 minutes).

**Instant Pot Directions:**

Combine the ingredients into the instant pot and mix. Close the lid and pressure cook on high for 5 minutes. Natural release for 10 minutes, remove lid, stir, mash with a potato masher if necessary and enjoy!

**Homemade Granola Ingredients: Makes about 4 servings**

 -2 cup rolled oats

 -2 tablespoons brown sugar

 -½ teaspoon ground cinnamon

 -¼ teaspoon salt

 -⅓ cup of honey

 -3 tablespoons of coconut oil

 -½ teaspoon vanilla extract

 -½ cup chopped nuts, dried fruit, or seeds

**Directions:**

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