**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.