

BREAKFAST

V GF

APPLE PIE YOGURT BOWL

Yogurt is such an easy and nutritious breakfast to start the day. Elevate your usual yogurt with cinnamon sautéed apples for extra fiber, flavor, and crunch!

SERVINGS:

1 people

PREP TIME:

3 minutes

COOK TIME:

5 minutes

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☐ ¼ teaspoon cinnamon

☐ pinch of salt

Optional: ½-1 teaspoon maple syrup or honey

INSTRUCTIONS:

1. Heat small saucepan over medium heat. Chop apple into ½ inch pieces and transfer to saucepan, when hot. Add butter, sprinkle cinnamon and a pinch of salt over apples. Stir occasionally. Cook until butter melts and apples start to soften, about 3-5 minutes. Adjust cooking time to achieve desired apple texture.

2. While apples are cooking, spoon yogurt into bowl. Remove apples from heat and transfer to bowl with yogurt. Drizzle maple syrup or honey over apples if desired. Enjoy immediately.

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