



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

THIS WEBSITE USES COOKIES

We use cookies to personalise content and ads, to provide social media features and to analyse our traffic. We also share information about your use of our site with our social media, advertising and analytics partners who may combine it with other information that you've provided to them or that they've collected from your use of their services.

Deny

Allow selection

Allow all

☒ Necessary ☐ Preferences ☐ Statistics ☐ Marketing

Show details ▼

☐ 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.

THIS WEBSITE USES COOKIES

We use cookies to personalise content and ads, to provide social media features and to analyse our traffic. We also share information about your use of our site with our social media, advertising and analytics partners who may combine it with other information that you've provided to them or that they've collected from your use of their services.

Deny

Allow selection

Allow all

☒ Necessary ☐ Preferences ☐ Statistics ☐ Marketing

Show details ▼