



STRAWBERRY APPLE PIE PARFAIT



SERVES:

4

PREP TIME:

30M

COOK TIME:

5M

VEGETARIAN

INGREDIENTS:

¼ Cup Crofter's Organic Just Fruit Strawberry Fruit Spread

2 Apples (Diced)

1 Tbsp Coconut Oil

1 Tsp Maple Syrup

1 Tsp Ground Cinnamon

½ Cup Plain Yogurt

¼ Cup Chia Seeds

½ Cup Quick Oats

1 ¼ Cups Almond Milk

1 Tbsp Granola + Extra for Garnish

DIRECTIONS:

1. Let's begin by washing our apples and dicing them into small chunks, about ½ inch in size. In a small mixing bowl, combine the diced apples, coconut oil, maple syrup, and ground cinnamon. Stir to coat.
2. Transfer the apples to a pan and gently heat up over medium heat for about 5 minutes, until the apples become soft and begin to caramelize. Set the sauteed apples aside and allow to cool.
3. In another medium sized mixing bowl combine the Crofter's Organic Just Fruit Strawberry Fruit Spread, yogurt, chia seeds, quick oats, and almond milk. Stir to combine. Place the chia seed oat mixture into the fridge to chill for about 30 minutes. For best results, let it chill overnight.
4. Next, built the parfait. Add 1 Tbsp granola to the bottom of a pudding jar followed by 1 Tbsp of the sauteed apples. Next scoop or pipe in the chia seed oat mixture until you reach the top of the jar. Top with another sprinkle of granola and more of the sauteed apples. Enjoy!