

Fall Inspired Yogurt Parfaits

Makes 2 Parfaits

- 1 cup plain nonfat Greek yogurt
- ½ teaspoon cinnamon
- 1 packet of artificial sweetener
- ¼ teaspoon nutmeg
- ¼ cup high fiber cereal
- 1 diced apple
- 2 tablespoons pecans



Directions:

1. Combine yogurt, cinnamon, sweetener and nutmeg in a small bowl
2. Layer yogurt, high fiber cereal, and diced apples, repeat once.
3. Top with pecans and enjoy!