

Portion Size: 1 1/2 Cup

Spiced Cranberry and Cinnamon Apple with Walnut Yogurt Parfait

Plain Greek yogurt layered with spiced cranberry relish and cinnamon apples

Yield: 6 Servings

Spiced Cranberry - yields 3/4 cup

6 oz	Cranberries, Fresh or Frozen
2 tbsp	Dark Brown Sugar
3/4 tsp	Olive Oil
2 tbsp	Shallots, Fresh Peeled, Choppe
1/8 tsp	Mustard Seed
1/8 tsp	Cumin Seed
1/8 tsp	Kosher Salt

Parfait

24 oz	Fat Free Greek Yogurt
3/4 lb	Fresh Apples, Chopped
1 tbsp	Lemon Juice, Fresh
1 tbsp	Ground Cinnamon
3/4 cup	Walnuts, Toasted, Chopped



Mix together cranberries and sugar and set aside. Drizzle oil into a hot pan over medium heat. Add shallots, mustard seeds and cumin seeds and cook until seeds start to pop. Add in cranberries tossed in sugar, cover and simmer for 5 minutes. Set aside. Cut apples and toss with lemon juice and ground cinnamon. Build your parfait in small bowls or sundae cups. Place 4 oz (3/4 cup) of yogurt, then top with 1/2 cup apples, 1-1/2 tbsp cranberry relish and 2 tbsp chopped toasted walnuts.

Chef Notes: Best apple varieties for this parfait are apples you would eat fresh, crispy and juicy. So many varieties and a personal preference but here are some of our favorites - Galas, Honey Crisp, Cameo and Fuji.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)	Sugar
220	14.2	20	10.7	10.7	57.3	3.9	13.4