



Cooking in the Kitchen at Olum's

Molly Morgan RD, CDN, CSSD
*Delicious Recipes
that are Easy & Nutritious*

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Baked Apple Pie Parfaits

Serves 2

Ingredients:

- 2 medium apples, cored and sliced
- 1 tablespoon agave nectar
- 1 teaspoon ground cinnamon
- 6 ounces vanilla yogurt
- ¼ cup granola

Directions:

1. Preheat the oven to 350° F
2. Place the apple slices in a small mixing bowl, add the agave nectar and cinnamon, and toss to coat.
Transfer the apple slices to a baking sheet.
3. Bake the apples for 20–25 minutes, or until they are tender.
4. Serve the baked apples over vanilla yogurt and garnish with the granola.

Recipe from Molly's book, Skinny Size-It (Harlequin Non-Fiction 2014)

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