

Spiced Quinoa Apple Pie Parfait

Yield: 2 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-parfait-dessert-recipe>

Ingredients:

- 1 cup greek yogurt
- 1 apples chopped
- 1/4 cup quinoa
- 1/2 tablespoon canela
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 1 tablespoon brown sugar

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 15 milligrams
4. Fat: 5 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 3 grams
8. Sodium: 650 milligrams
9. Sugar: 20 grams

Thank you for visiting our website. Hope you enjoy Spiced Quinoa Apple Pie Parfait above. You can see more 18 greek yogurt parfait dessert recipe Unleash your inner chef! to get more great cooking ideas.