

Apple Pie in a Glass Jar

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 cup milk I used vanilla almond milk, it's what I had on hand
- 1/3 cup yogurt vanilla greek
- 1/2 apple 1/2 large honeycrisp, chopped
- 1 teaspoon vanilla extract
- 1 tablespoon graham cracker crumbs
- 1/2 teaspoon canela
- 2 pinches nutmeg
- 1 ground cloves
- 1 cardamom

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 10 milligrams
4. Fat: 2.5 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 60 milligrams
9. Sugar: 7 grams

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