# Easy Peasy Apple Pie Parfait

<table>
<thead>
<tr>
<th><strong>Serving Size</strong></th>
<th><strong>Prep Time</strong></th>
<th><strong>Total Time</strong></th>
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<tbody>
<tr>
<td>1 servings</td>
<td>5 minutes</td>
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## Ingredients
- 1/2 cup plain yogurt
- 1/2 cup rolled oats
- 1/4 apple, diced
- Pinch of cinnamon
- Honey or maple syrup, optional

**Variations:** Start with the base of yogurt and rolled oats and get creative with your toppings! Try different fresh and frozen fruit and mix-ins.

## Preparation
- Mix yogurt and rolled oats in a jar.
- Dice apple into bite-sized pieces.
- Layer apples on the yogurt mixture and top with cinnamon and drizzle of honey or maple syrup (if using).
- Cover the jar with its lid and store in refrigerator for up to 5 days. When ready to enjoy, simply remove from the fridge, stir and enjoy!