



Fall Fruit Parfait

SERVES: 1

PREP TIME: 5 MIN

INSTRUCTIONS:

1. Mix chia seeds into yogurt
2. Chop apple into cubes. Sprinkle cinnamon and nutmeg on the apple.
3. Chop nuts
4. Layer yogurt with nuts and spiced apple
5. Top with granola and enjoy!

INGREDIENTS:

- 1 apple
- 1 cup Greek yogurt
- 2 tsp chia seeds
- 3 TBS chopped nuts
- 2 tps granola
- ½ tps cinnamon
- ½ tps nutmeg

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