

Apple Pie Yogurt

Prep Time

5 mins

Cook Time

0 mins

Total Time

5 mins

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Recipe type: Snack, Breakfast

Servings: 1



Ingredients

6 - 8 ounces plain greek yogurt

1 -2 TB unsweetened apple butter

1 apple

1 -2 TB slivered or whole almonds, pumpkin seeds, flaxseeds, etc

Instructions

1. Core your apple. Cut into slices. I chopped up half the apple into pieces for in the yogurt and ate the other half apple slices on the side. But you can add the whole apple chunks into the yogurt if you like.
2. In the yogurt contain or a bowl, stir in the apple butter. Add in the chopped apples and slivered almonds or nuts/seeds of choice.
3. Blend all together. Enjoy!

Balanced Meal Breakdown

Protein – Plain greek yogurt

Carbs – Apple; a little from yogurt and apple butter

Fat – Slivered almonds (or other nuts/seeds you choose); Some from yogurt if full-fat or light