



# *Overnight Apple Crisp Parfait*

## **Ingredients**

- 1 5.3 ounce container Greek-style plain yogurt
- 1 apple diced
- ¼ teaspoon apple pie spice can substitute with ¼ teaspoon cinnamon and a pinch of nutmeg (apple pie spice)
- ¼ cup cooked quinoa packed
- 2 tablespoons chopped toasted pecans
- Chia seeds (optional)

## **Instructions:**

- Place diced apple in a microwave-safe bowl. Sprinkle with apple pie spice and toss to coat. Microwave on high until apple reaches desired softness (approximately 1-2 minutes). Set aside to cool for a few minutes.
- In a separate glass jar or other container, place half of the yogurt.
- Top yogurt with half of the cooked apple.
- Add 2 tablespoons of quinoa on top.