

Apple Crisp Yogurt Bowls

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Apple (cored, chopped)
- 1 cup Oats (rolled)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 2 cups Unsweetened Coconut Yogurt

DIRECTIONS

- 01 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 02 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	366	Carbs	66g
Fat	10g	Protein	7g