

Apple Cinnamon Yogurt Bowl

5 ingredients · 10 minutes · 1 serving



Directions

1. In a small saucepan over medium-low heat, add the coconut oil. Once melted, add the apple and cinnamon and sauté for eight to 10 minutes, or until softened to your liking, stirring often.
2. Put the yogurt into a bowl and top with the cooked apples and chopped pecans. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use dairy-free yogurt instead.

Nut-Free

Omit the pecans and use pumpkin seeds or granola instead.

Additional Toppings

Top with a drizzle of honey or maple syrup.

Ingredients

2 mls Coconut Oil (Is about 1/2 teaspoon. Or use ghee)

1/2 Apple (Cut into small cubes, peel if not organic)

650 milligrams Cinnamon (About 1 teaspoon)

113 grams Unsweetened Coconut Yogurt (About half a cup. Or use plain Greek yoghurt)

17 grams Pecans (chopped)