

# Quick' n Easy Organic Applesauce Parfait

Enjoy a healthy organic dessert or snack anytime. This simple combination is economical and it is easy to source the local organic ingredients any time of the year. Applesauce Parfait can be made in a small Mason jar and packed conveniently in a lunchbox.

Preparation Time: 15 minutes

Number of Servings: 12-14

Serving Size: 1/3 cup

## Ingredients:

2 c organic dry breadcrumbs, toasted

¼ c organic butter, melted

1 tbsp honey, melted with the butter

2 ½ c unsweetened organic applesauce

1 c organic yogurt (plain or vanilla) \*optional

Combine the first three ingredients. (this can be done ahead of time)

In a serving dish, alternate layers of applesauce and sweetened breadcrumbs, beginning with crumbs and ending with applesauce. Serve with a dollop of yogurt (plain or vanilla).

The parfait is even better if left overnight as the flavours blend and the crumbs get a more cake-like texture.

## Supplies:

Small saucepan for melting butter and honey

Small mixing bowl

1-cup dry measure

Measuring spoons

Large mixing spoon

Rubber spatula

2qt serving bowl