



MASON JAR BREAKFAST PARFAITS

APPLE CRUMBLE:

makes 1 pint jar yogurt parfait

6 oz. vanilla Greek yogurt (or use plain Greek yogurt, sweetened to taste, with a splash of vanilla extract added)

1/3 cup whole oats

1 Tbs. chia seed

3 -4 Tbs. milk

2/3 cup [Grandma Hoerner's](#) All Natural Big Slice Apples

1/3 cup [Prairie Harvest](#) granola

10-15 [Prairie Harvest](#) Traditional Peppernuts, crushed or chopped

In a small bowl, combine granola with crushed peppernuts; set aside.

Place yogurt into pint jar; add oats, chia, and milk, stirring to combine. Top yogurt with apples and cover jar with lid. Let chill for 3-4 hours, or overnight.

Once chilled, top apples with prepared granola/peppernut mixture and serve at once.

BLUEBERRY QUINOA:

makes 1 pint jar yogurt parfait

6 oz. vanilla Greek yogurt (or use plain Greek yogurt, sweetened to taste, with a splash of vanilla extract added)

1/3 cup cooked quinoa

2/3 cup [Grandma Hoerner's](#) Blueberry Pomegranate Big Slice Apples

1/3 cup [Prairie Harvest](#) Granola

10-15 [Prairie Harvest](#) Anise-Free Peppernuts, crushed or chopped

In a small bowl, combine granola with crushed peppernuts; set aside.

Place yogurt into pint jar; top with quinoa. Add apples as next layer and cover jar with lid. Let chill for 3-4 hours, or overnight.

Once chilled, top apples with prepared granola/peppernut mixture and serve at once.

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Chef Alli**

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