

SHOW & TELL

Serves: 2 • Serving size: 1 cup

5
minutes

PREP: 5 minutes

SPIRALIZED Yogurt Parfait

- 1 cup plain Greek yogurt
- 4 tbsp. brown sugar
- ½ cup granola
- 1 green apple

1. In small bowl, place Greek yogurt and add brown sugar, let rest 5 minutes or until sugar has somewhat dissolved into the yogurt. Stir to combine.
2. Assemble Fusion Master® Spiralizer fitted with thin noodle blade attachment and attach apple to pin and vegetable holder. Lock in place, and turn handle to spiralize the apple. If desired, use kitchen shears to cut the length of apple noodles. Remove the seeds from bowl and discard.
3. To assemble parfait, add ¼ cup granola in bowl, top with ½ cup Greek yogurt and top with spiralized apple.

Nutritional Information (per serving): 1 cup
Calories: 320 Total Fat: 1.5g Saturated Fat: 0g Cholesterol: 5mg Sodium: 45mg
Carbohydrate: 65g Fiber: 5g Sugar 47g. Protein 16g Vitamin D: 0% Calcium: 10% Iron:
6% Potassium: 5%

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Tupperware®



TO DEMO



Fusion Master®
Spiralizer

OPTIONAL



Silicone
Spatula



Measuring
Spoons



Measuring
Cups



Thatsa® Bowl



Universal Series
Kitchen Shears



Mix-N-Stor®
Pitcher