Happy Halloween Scarecrow Parfait

Yields four 1-cup servings

Ingredients:

1½ cups lowfat vanilla yogurt, or yogurt of choice
⅓ cup + 1 Tbsp Sunbutter (sunflower seed butter)
2 cups lowfat vanilla yogurt or yogurt of choice (separate from yogurt above)
2 cups freshly-sliced apples (3-4 medium apples, Gala, Honeycrisp or Fuji varieties)

Clear plastic cups (about 12-14 oz capacity)

Procedure:

1) In a medium-sized bowl, mix 1½ cups yogurt with Sunbutter to make Sunbutter Yogurt.
2) Scoop one ½-cup portion of Sunbutter Yogurt into the bottom of each plastic cup.
3) Carefully pour one ½-cup portion of plain yogurt on top of Sunbutter Yogurt. Keep parfaits in the refrigerator until ready to serve.
4) Just before serving, core and slice apples into at least eight equal pieces. Place 6-8 apple slices down into the yogurt.

Chef Notes:

- If desired, any nut butter (e.g. almond butter, peanut butter, etc.) can be substituted in place of Sunbutter. For a seasonal twist, substitute apples with cored and sliced pears.
- Plain yogurt can be piped onto Sunbutter Yogurt: place yogurt into a sandwich-sized Ziploc bag, and shake to settle yogurt in bottom of bag. Cut a corner off of the bottom of the bag, and gently squeeze yogurt into cups
- Serve parfaits with ½-cup granola or your favorite chocolate cereal for a filling snack or light meal.

Allergens: Dairy