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## **Quinoa and Yogurt Parfait**

### **Ingredients:**

- 1 cup quinoa, cooked according to package directions
- 1 large firm apple, such as Cortland or Fuji
- 1 large ripe Bartlett or Anjou Pear
- 1 cup Vanilla Greek Yogurt
- 2 tsp Stevia in the Raw
- 1 tsp cinnamon

### **Directions:**

1. Cook quinoa according to package directions. Cover to keep warm.
2. Peel apple and pear and cut into chunks. (You can leave the peel on if you prefer.)  
In a small bowl, toss fruit chunks with Stevia and cinnamon. Microwave, uncovered, for one minute.
3. Spoon 1/4 cup quinoa each into the bottoms of two bowls or dessert dishes. Add 1/4 of the fruit and then 1/4 cup Greek yogurt. Add another 1/4 cup of quinoa to each dish, and another 1/4 cup yogurt. Top with remaining fruit and serve.
4. Makes two servings.