



APPLE SPICE YOGURT BOWL

Ingredients:

- bowl of your favorite vanilla/plain yogurt
- 1/2 tsp of cinnamon
- dash of nutmeg
- one chocolate chip almond butter BeBold bar
- handful of unsalted pepitas
- 1/2 an apple, diced into small cubes, and sautéed in coconut oil with cinnamon and nutmeg, until desired softness

Instructions:

Mix it all together, and you have a filling yogurt bowl, perfect for breakfast or lunch or dessert!

Another fall favorite of mine is removing the diced apples and instead adding a spoonful of pumpkin butter ... so yummy! In the spring/summer I opt for sautéed bananas instead of apples!

Recipe Created by Claire Spielmann