

# Cinnamon Orange Cranberry Parfaits

Use leftover cranberry sauce to create these gorgeous make-ahead cinnamon orange cranberry yogurt parfaits! These protein packed breakfasts are full of fall flavors and perfect for your post-holiday meal prep.

Makes: 4 servings

Prep Time: 5 minutes

Source: <https://projectmealplan.com/cranberry-yogurt-parfaits/#tasty-recipes-10590>



Small Changes,  
BIG Differences!

## Ingredients

- 3 cups plain low-fat Greek yogurt
- 2 oranges (juiced)
- 2 tsp of maple syrup (optional)
- 1/4 cup of cranberry sauce (whole berry)
- 1 tsp ground cinnamon
- 1/2 cup low-fat granola or crunchy cereal (optional)

## Directions

1. **Mix up the yogurt:** In a small bowl, combine Greek yogurt, orange juice, maple syrup, and cinnamon.
2. **Layer into parfaits** by alternating two large spoonfuls of yogurt, with one spoonful cranberry sauce, in a glass or cup. Keep layering until cup is full. Use 3/4 a cup of yogurt for each parfait. The recipe should make four parfaits.
3. Store in the fridge for 4-5 days if your cranberry sauce was fresh!



## Nutrition Information

Serving Size: 3/4 cup	
Nutrients	Amount
Calories:	203
Total Fat:	4 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	55 mg
Total Carbohydrates:	25 g
Dietary Fiber:	1 g
Total Sugars:	10.5 g
Added Sugars:	9.5 g
Protein	17 g

## Utensils Needed

- Measuring Cups/Spoons
- 4 glasses or cups
- Small bowl

# SHOPPING LIST

Average total cost without oil and seasonings: \$10.56

Average cost/serving: \$2.64

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Cranberry Sauce 14 oz \$1.99



Add 1 to Cart:  
Plain Non-fat Greek Yogurt 32 oz  
\$5.79



Add 2 to Cart:  
Naval Oranges \$1.39

SAVE TIME, SAVE MONEY

My Cooking Notes