

# Stewed Apple Parfait

This Stewed Apple Parfait is layered with functional ingredients that work together to support healthy detoxification, immune function, and digestion.

Featuring **CanPrev's Elderberry C Liquid** in a delicious berry burst flavour, each bite is loaded with antioxidants that fortify immune function and support detoxification. The stewed apples provide prebiotics to nourish healthy gut bacteria, while dairy-free yogurt adds probiotics to promote digestive balance and strengthen the body's natural defences.



## Ingredients

### Stewed Apples

- 3 apples, cubed
- 2 tbsp water
- 1 tbsp lemon juice
- 1 - 2 tsp maple syrup
- ½ tsp cinnamon
- ¼ tsp clove
- ¼ tsp ginger
- Pinch of salt

### Elderberry C Yogurt

- 1 cup unsweetened, unflavoured dairy-free yogurt of choice
- 4 tsp Elderberry C Liquid

### Toppings

- ¼ cup roasted almonds, chopped
- Pinch of cinnamon



## Servings

2



## Prep Time

25 mins

## Directions

- 1) Combine apples, water, lemon juice, cinnamon, clove, salt and ginger in a medium saucepan. Cover and cook on medium heat, stirring occasionally, for 15 to 20 minutes until the apples soften completely. Set aside and let it cool before stirring in maple syrup.
- 2) In a separate bowl, whisk the Elderberry C Liquid with the yogurt until well incorporated. Refrigerate.
- 3) Once the stewed apples have cooled, it's time to assemble your parfaits! Take two glass jars and begin by dividing the apple mixture evenly for the first layer. Next, add a layer of yogurt on top. Repeat with another layer of apples, then finish with a final layer of yogurt.
- 4) Top with the roasted almonds and cinnamon and enjoy!



## Featured Products

### Elderberry C Liquid



## Lena Tashjian

Lena is a nutritionist, writer, and recipe developer. She is the author of *The Vegan Armenian Kitchen Cookbook*, which focuses on healthy, authentic vegan dishes.