Apple-cinnamon yogurt jars with separate crunch

Build one apple-cinnamon yogurt jar from Durham County Public Health's Apple Parfaits recipe and pack its granola in a separate cup. The serving planner multiplies the recipe for several jars and records who each jar is for and when it was made.

What you need

• For each jar, as the recipe lists: a 5.3-ounce container of Greek-style plain or vanilla yogurt, 1 apple, granola or other crunchy cereal, and cinnamon
• Cutting board, knife and measuring spoons
• A clean jar with a lid for each serving
• A small separate lidded cup for each granola portion
• Labels or tape and a pen

1. Gather one serving

The linked recipe serves 1 with 1 (5.3 ounce) container of Greek-style plain or vanilla yogurt, 1 apple, diced, 2 Tablespoons granola or other crunchy cereal of choice, and cinnamon (to taste). Rinse the apple under running water before cutting it.

2. Layer the jar without the crunch

Layer the yogurt and diced apple in the jar and add cinnamon to taste. The recipe layers the granola in as well and tops the parfait with it. This guide's one change is to keep the granola in its own closed cup and add it when you eat.

3. Refrigerate and record it

Assemble the jars just before serving. Keep the yogurt refrigerated at 40°F or below until needed. USDA FSIS says to discard perishable food left at room temperature for more than 2 hours (1 hour if the temperature is over 90°F). The yogurt package date does not establish a safe storage time for the assembled jar; this recipe provides no make-ahead storage period.

4. Check allergens and young eaters

Yogurt is a milk product, and granola can contain wheat, nuts or seeds; read each label and note it on the planner. CDC lists pieces of hard raw fruit such as raw apples, and whole or chopped nuts and seeds, as choking hazards for young children, so offer them a softer, age-suitable option.

Important

The per-serving amounts are the recipe's. Assemble just before serving; the yogurt date does not establish storage time for the assembled jar.

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Print at 100% on plain paper. One row per jar.

One serving (Durham County Public Health: Apple Parfaits)

1 (5.3 ounce) container Greek-style plain or vanilla yogurt

1 apple, diced

2 Tablespoons granola or other crunchy cereal of choice (packed separately in this guide)

Cinnamon (to taste)

Jars I plan: _____

Shopping

Ingredient	Per jar (recipe)	x jars = total	Have it
Greek-style plain or vanilla yogurt	1 (5.3 ounce) container		☐
Apple	1 apple, diced		☐
Granola or other crunchy cereal	2 Tablespoons		☐
Cinnamon	to taste		☐

Jar planner

#	For	Yogurt (plain / vanilla)	Granola in separate cup	Made (date / time)	Allergens noted
1			☐		
2			☐		
3			☐		
4			☐		
5			☐		
6			☐		
7			☐		
8			☐		

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Tips and disclosures

• FDA advises washing produce under running water and does not recommend soap, detergent or commercial produce wash.

• If you use a different yogurt than the recipe's Greek-style yogurt, the jar will differ from the recipe as published.

• Free printable, no account or purchase needed. The optional glass jar link is a disclosed Amazon affiliate link; check the selected option, dimensions and care instructions. Popularity is not a guarantee of suitability.

Notice: AI concept illustration

Original AI editorial illustration of a design concept, not a photograph of this recipe or of the linked product. Exact colour, capacity, fit, heat limits and results are not established by the image; check the manufacturer's specifications before buying.

Sources

Main source: Durham County, NC Public Health: Apple Parfaits

Durham County, NC Department of Public Health nutrition handout: Apple Parfaits
https://dconc.gov/Public-Health1/Documents/Nutrition/Apple-Parfaits_final---ENG.pdf

USDA FSIS: Leftovers and Food Safety
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

FDA: Selecting and Serving Produce Safely
https://www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-produce-safely

CDC: Choking Hazards
https://www.cdc.gov/infant-toddler-nutrition/foods-and-drinks/choking-hazards.html

Source note: Quantities for one serving are from this county public-health nutrition handout (funded by USDA SNAP). Keeping the granola separate is a FigureNook change. Room-temperature limit: USDA FSIS
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety
Produce washing: FDA
https://www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-produce-safely
Choking hazards: CDC
https://www.cdc.gov/infant-toddler-nutrition/foods-and-drinks/choking-hazards.html