

Peanut Butter Parfait

I made this recipe up and it turned out really good!

Recipe by Josep Castillo | Created on **Nov 19, 2021**

Ingredients

- 3 tablespoons peanut butter
- ½ apple, diced
- 1 teaspoon cinnamon sugar
- 5 sliced almonds

Directions

- Spread 1 1/2 tablespoons peanut butter into the bottom of a small bowl. Add 1/2 of the apple and 1/2 teaspoon cinnamon sugar. Repeat another layer of peanut butter, apple, and cinnamon sugar; top with almonds.

Nutrition Facts

Serving: **1 serving** | Calories: **354.1 kcal** | Carbohydrates: **23.7 g** | Protein: **12.9 g** | Saturated fat: **5.2 g** | Sodium: **224.6 mg** | Fiber: **4.8 g** | Sugar: **11.7 g**

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