



# WEIS MARKETS VIRTUAL COOK-ALONG WEBINARS

## November 17<sup>th</sup> at 10:00 AM

Join Weis Dietitian Emily Bumgarner as she shows how to use a fall favorite food to make an **Apple Pie Yogurt Parfait**.

This recipe is perfect any time of day or even as a Thanksgiving Day dessert. \*\*\*This recipe can be prepared in the microwave so feel free to join in and cook along. Recipe serves 4 people.

*If possible, have all ingredients prepared and measured in advance to save time.*

### **INGREDIENTS:**

- ½ cp Weis Quality Chopped Walnuts
- 1 Tbsp Weis Quality Unsalted Butter
- 2 large Fuji, Gala or Granny Smith apples, peeled and chopped
- 2 Tbsp Weis Signature Collection Pure Maple Syrup
- 1 tsp Weis Quality Ground Cinnamon
- ½ tsp McCormick Ground Nutmeg
- ¼ tsp McCormick Ground Allspice
- 1 1/3 cp Weis Quality Nonfat Greek Yogurt
- ½ cp plus 2 Tbsp Weis Quality Vanilla Almond Probiotic Granola

**DIRECTIONS:** In a large skillet, toast walnuts over medium-high heat for 4 minutes or until lightly browned and fragrant, stirring frequently, transfer to a plate to cool.

In the same large skillet, heat butter over medium heat, add apples and cook for 4 minutes or until tender, stirring occasionally. Stir in 1 Tbsp maple syrup, cinnamon, nutmeg and allspice: cook 2 minutes or until heated through.

In 4 (8-ounce) jars or glasses, alternately layer apples, yogurt, ½ cup granola and walnuts: drizzle with remaining 1 Tbsp maple syrup and sprinkle with remaining 2 Tbsp granola.

Click this link to join: <https://zoom.us/j/92662329845?pwd=QXdnUkdjRC96Z3JUVVlvdUR0UVAUT09>

Passcode: 1c0eb86188

### **Registration not required**

- Join on a computer or mobile app
- Attend as a group or individually
- Closed Caption not available

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