

PEAR GINGERBREAD PARFAIT

INGREDIENTS

- 1 ½ cups plain Greek yogurt
- 3 tsp maple syrup
- ⅛ tsp ground cinnamon
- ⅛ tsp ground ginger
- ⅛ tsp ground cloves
- ⅛ tsp vanilla
- handful of gingerbread men/gingersnaps
- 1 ripe pear

DIRECTIONS

1. Add the yogurt to a bowl with the maple syrup, spices and vanilla and mix to combine.
2. Lightly crush the cookies.
3. Peel the pear and cut the flesh into small cubes.
4. Add half of the cookies to the glasses, layer with half the yogurt, then all pears, then the rest of the yogurt and the remaining cookies.

Serves 2

