

## **PEAR GINGERBREAD PARFAIT**

## **INGREDIENTS**

1 ½ cups plain Greek yogurt

**3 tsp** maple syrup

**⅓ tsp** ground cinnamon

1/2 tsp ground ginger

**1/8 tsp** ground cloves

1/8 tsp vanilla

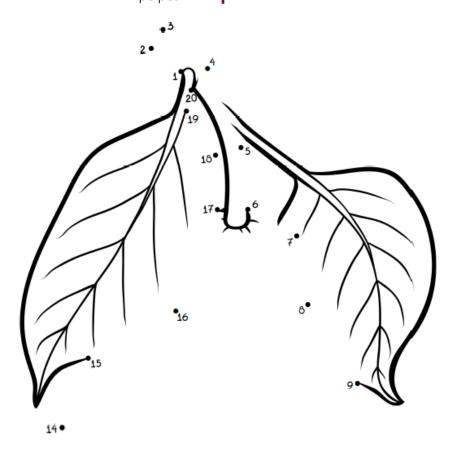
handful of gingerbread men/gingersnaps

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



10