



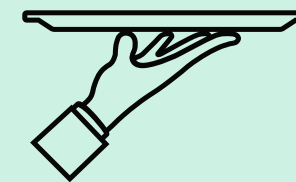
Homemade Granola & Yogurt Parfait



6 servings



20 minutes



Snack ✦ Breakfast

INGREDIENTS

GRANOLA

½ cup coconut oil

½ cup honey

½ tsp ground cinnamon

½ tsp salt

3 cups old-fashioned
rolled oats

1 cup raw nuts, chopped

1 cup raisins or other
dried fruit

YOGURT PARFAIT

2 bananas

blueberries

strawberries

sea salt

3 cups plain whole-
fat yogurt

2 cups homemade
granola
honey



Homemade Granola & Yogurt Parfait cont..

DIRECTIONS

HOMEMADE GRANOLA

1. **Preheat:** Set the oven to 300°F and line a baking sheet with foil.
2. **Whisk:** In a big bowl, whisk together oil, honey, cinnamon, and salt.
3. **Combine:** Add oats, nuts, and dried fruit. Stir to coat well.
4. **Spread:** Evenly spread the mixture on the prepared baking sheet. If clumpy, press down with a spatula.



Homemade Granola & Yogurt Parfait cont..

DIRECTIONS

HOMEMADE GRANOLA cont..

5. Bake: Place in oven for 20 minutes, stirring at the 10-minute mark. It's ready when it's golden-brown and smells yummy.

6. Cool: Put the baking sheet on a trivet, sprinkle with additional dried fruit or chocolate chips if desired. Let it cool- it will get crunchier as it dries.

7. Prepare the yogurt parfait.



Homemade Granola & Yogurt Parfait cont..

DIRECTIONS

YOGURT PARFAIT

- 1. Dice:** the fruit into medium-sized pieces and place in a bowl.
- 2. Whisk:** together yogurt and add honey to taste.
- 3. Layer:** In a glass, layer the sweetened yogurt at the bottom, then the granola and add the fruit on top.
- 4. Sprinkle:** with more granola for an extra CRUNCH!
- 5. Serve & Enjoy**



Homemade Granola & Yogurt Parfait cont..

NOTES

Cool granola completely before storing. Then transfer to an airtight container for long-term storage at room temperature- for up to one month. Make this Yogurt Parfait with any combinations of fruits you enjoy.

SERVING SUGGESTIONS

Serve as a snack all by itself or with a side of whole grain crackers and nuts; or for an indulgent breakfast pair with sweet potato, blueberry pancakes