



HOMEMADE GRANOLA & YOGURT PARFAIT

COOK LEVEL: Beginner

COOK TIME: 40-50 minutes

PREP TIME: 25 minutes

SERVINGS: 10

INGREDIENTS

Homemade 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, sliced
- 1 cup raisins or other dried fruit, chopped

Yogurt Parfait with Pan-Grilled Fruit

- 1 tbsp coconut oil
- 2 apples
- Sea salt
- 3 cups plain whole-fat yogurt
- 2 cups homemade granola
- ⅓ cups honey or maple syrup

SUPPLIES

- Measuring cups and spoons
- Large bowl
- Whisk
- Rimmed baking sheet
- Foil
- Chef's knife
- Cutting board
- Large cast iron skillet/
Heavy bottom frying pan
- Spatula
- (4) 16oz glasses or jars

DIRECTIONS

Homemade Granola:

1. Arrange a rack in the middle of the oven and heat to 300°F. Line a rimmed baking sheet with foil; set aside.
2. Place the oil, honey, cinnamon, and salt in a large bowl and whisk to combine.
3. Add the oats and almonds and stir to coat. You can measure the oats and almonds directly into the oil mixture — don't worry if you add a little more oats or almonds — granola is very forgiving. Stir to coat well.
4. Transfer the mixture to the prepared baking sheet and spread into an even layer. If the granola is clumpy, use a spatula to press it into the pan.
5. Bake for 20 minutes- set a timer at the midway point 10 minutes and give the granola a quick stir. The granola is ready when golden-brown and the almonds have toasted — it will still feel wet coming out of the oven but will dry as it cools.
6. Place the baking sheet on a trivet or cooling rack and sprinkle the raisins or dried fruit over top, and let cool.



PRO TIPS:

- If you want clumps of granola, press and tamp down the granola before it cools. This will help it stick together.
- Cool granola completely before storing. Then transfer to an airtight container and store at room temperature for up to one month.

Recipe created by:

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COOK LEVEL: Beginner

COOK TIME: 20-25 minutes

PREP TIME: 15 minutes

SERVINGS: 10

DIRECTIONS (cont.)

Yogurt Parfait with Pan-Grilled Fruit

1. Wash and cut the fruit into 2" wedges.
2. Coat the cast iron skillet with olive oil and heat over medium high heat. Add the butter. And wait for the sizzle.
3. Once the pan is sizzling, place a single layer of fruit to the pan.
4. Grill about 3-4 minutes or until the fruit begins to brown. Flip to the other side and grill another 3-4 minutes. Remove, place in a bowl.
5. Cut the fruit into a medium-dice and place them back in the bowl.
6. Whisk the yogurt and honey or maple syrup together.
7. Layer 1/3 cup of the sweetened yogurt into the bottom of each of the 4 glasses. Then add a layer of granola. Then add some of the fruit.
8. Continue to alternate layers of yogurt, fruit and granola in the glasses, until the glasses are filled ending with fruit and granola on top.
9. Serve parfaits immediately to keep granola crunchy.

INGREDIENT SUBSTITUTIONS

Ingredient	Substitution
Apples	Pears, strawberries, blueberries, raspberries
Oats	Quinoa flakes
Cinnamon	Cardamom, nutmeg, vanilla
Dried fruit/nuts	Any dried fruit or nuts that you have
Honey	Maple syrup

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