

Yogurt Parfait



Ingredients

Granola:

- 4 cups old-fashioned rolled oats
- 1 ½ cup raw nuts and/or seeds
- ½ cup coconut flakes
- 1 teaspoon fine-grain sea salt
- ½ teaspoon ground cinnamon
- ½ cup melted coconut oil or olive oil
- ½ cup maple syrup or honey
- 1 teaspoon vanilla extract

Parfait:

- 1 cup of yogurt
- 1/2 cup of sliced strawberries or your favorite fruit

Directions

1. Preheat oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.
3. Pour in the oil, maple syrup and/or honey and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
4. Bake until lightly golden, about 21 to 24 minutes, stirring halfway. The granola will further crisp up as it cools.
5. Let the granola cool completely, undisturbed (at least 45 minutes). Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon if you don't want extra-clumpy granola.
6. Layer the fruit, yogurt and granola.