

Fruit and Granola Parfaits

Granola Ingredients

2.5 c old fashioned oats
1/2 c maple syrup
1 tbsp butter
2 Tbsp. brown sugar
1/4 tsp cinnamon
1 tsp vanilla extract
1 Tbsp. water
1 Tbsp. canola oil
3 Tbsp honey (for drizzle)
pinch of salt

Yogurt/Fruit Ingredients

- ¾ c yogurt (per person)
- Sliced fruit (what is in season)

Directions

1. Preheat oven to 350 degrees
2. Grease a baking sheet
2. In a large bowl, combine oats, brown sugar, cinnamon, and salt
3. In a sauce pot, combine syrup, butter, vanilla, water, and canola oil. Stir and bring to a simmer
4. Carefully pour the mixture over the oat mixture and stir well
5. When mixture cools, use your hands to make small clusters, then drop them onto the baking sheet. Drizzle with honey.
6. Bake for 20 minutes, turning over half way through
7. Let cool
8. Add to bowl of yogurt and fruit