

Fruit and yogurt granola parfaits

Crunchy granola with a hint of maple is sure to satisfy your sweet tooth! While this irresistible recipe makes 10 servings, there's no need to dish it out all at once. Simply make the granola ahead of time, and store in an airtight jar. When you're craving a quick snack, serve up with Greek yogurt and berries.



Vegetarian



Kid-friendly



PREP TIME
5 min



COOK TIME
30 min



SERVINGS
10

Ingredients

- 250 mL (1 cup) steel cut oats
- 250 mL (1 cup) large flake oats
- 150 mL (2/3 cup) slivered almonds
- 75 mL (1/3 cup) wheat germ
- 60 mL (1/4 cup) flaxseed meal
- 45 mL (3 tbsp) pure maple syrup
- 15 mL (1 tbsp) vanilla
- 30 mL (2 tbsp) canola oil
- 1 L (4 cups) 0% fat plain or Greek yogurt
- 750 mL (3 cups) fresh berries, such as raspberries, blueberries or blackberries

Directions

1. On a large baking sheet, spread steel-cut, large flake oats, almonds, wheat germ and flaxseed meal in single layer. Bake in preheated 180°C (350°F) oven, stirring a couple of times, for about 15 minutes or until light golden. Scrape into a bowl.
2. In a small bowl, whisk together maple syrup, vanilla and oil. Pour over oat mixture and stir to coat evenly. Spread mixture onto baking sheet and return to oven for about 15 minutes or until golden brown, stirring at least twice. Let cool completely.
3. When ready to serve, divide half of the granola among 10 small glasses or parfait dishes. Divide yogurt among glasses and sprinkle with some of the fruit. Top with remaining granola and fruit and enjoy. Alternatively, cover and refrigerate for up to a day.

Tips

- ✓ Switch up the berries with other fresh fruit like **chopped peaches** or **plums**. Or, use frozen fruit.
- ✓ Transform the granola into a trail mix by adding **cashews** and dried fruit such as **raisins** and **apricots**.
- ✓ **Little chefs** can help assemble the parfaits layer by layer.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.
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