

Yogurt Parfait with Homemade Granola

Ingredients:

2 tablespoons honey
 1 tablespoon canola oil
 1/4 teaspoon cinnamon
 1 cup old-fashioned rolled oats
 2 tablespoons almond, chopped
 Vegetable cooking spray
 1/4 cup dried fruit
 4 cups strawberries, sliced
 3 cups vanilla yogurt, nonfat

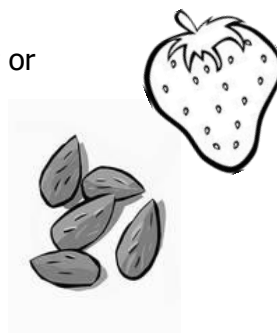
Equipment:

Baking sheet
 Measuring cups
 Measuring spoons
 Potato peeler
 Knife
 Cutting board

Number of Servings: 6
 Prep Time: 20 minutes
 Total time: 30 minutes

Directions

1. Preheat oven to 350°F.
2. Mix honey, canola oil, and cinnamon in a large bowl using a fork.
3. Add oats and almonds, and mix well until evenly coated.
4. Spray a baking sheet with cooking spray and spread out granola. Bake for 10 to 20 minutes, stirring every 5 minutes, until granola is lightly browned. Remove from oven and let cool.
5. Stir in dried fruit.
6. Wash strawberries. Use a potato peeler or sharp knife to cut out caps. Slice strawberries and set aside.
7. Layer yogurt, fruit, and granola in pretty glasses.



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Nutrition Facts

Serving Size: 1 cup
 Servings: 6

Amount Per Serving		Calories from Fat 45	
		%Daily Value*	
Calories	358		
Total Fat	5g		16%
Saturated Fat	1g		15%
Cholesterol	2mg		2%
Potassium	550mg		14%
Sodium	81mg		3%
Total Carbohydrate	46g		14%
Dietary Fiber	5g		28%
Protein	9g		18%
Vitamin A	3%	Vitamin C	106%
Iron	8%	Calcium	24%

*Percent Daily Values are based on a 2,000 calorie diet.

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