

Eat Well



FRUIT AND YOGURT GRANOLA PARFAIT

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 it in an airtight jar. When you're craving a quick snack, serve up with Greek yogurt and berries.

Prep Time **5 min**

Cook Time **30 min**

Makes 10 Servings

- 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 Greek yogurt
- 750 mL (3 cups) fresh berries, such as raspberries, blueberries or blackberries

1. On a large baking sheet, spread steel-cut and 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.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

NUTRIENTS PER SERVING

% DV

Calories	300	-
Fat	10 g	16 %
Saturated + Trans	1 g	5 %
	0 g	-
Cholesterol	0 mg	-
Sodium	45 mg	2 %
Carbohydrate	36 g	12 %
Fibre	7 g	27 %
Sugars	12 g	-
Protein	17 g	-
Vitamin A	-	1 %
Vitamin C	-	14 %
Calcium	-	11 %
Iron	-	16 %



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 dried cranberries, raisins or other dried fruit.
- Little chefs can help assemble the parfait layer by layer.