

Fruit Parfait

½ cup low-fat yogurt (vanilla or plain)
½ fresh or frozen fruit
2 – 4 Tablespoons granola



Place 2-3 Tablespoons yogurt in bottom of dish, add a layer of fruit, and a sprinkle of granola. Repeat two more layers, ending with granola sprinkled over top. Serve immediately to assure granola stays crunchy. Serves 1.

Hint - substitute toasted, chopped nuts such as almonds or pecans for the granola.

Nutrition Information per serving:

285 calories
8 g fat(1 g sat)
6 g fiber
37 g carbohydrates
17 g protein
73 mcg folate
6 mg cholesterol
22 g sugars
7 g added sugars
30 IU vitamin A
98 mg vitamin C
174 mg calcium
2 mg iron
50 mg sodium
577 mg potassium

EASY HEALTHY HOMEMADE GRANOLA RECIPE

Prep Time: 10 min Total Time: 20 min

Serves 4-6

2 cups raw, whole rolled oats (aka old fashion oats)

½ cup raw nuts, chopped

¼ cup raw seeds (sunflower or pumpkin seeds are great)

½ cup unsweetened dried fruit, chopped (optional)

2-3 tablespoons grade-b maple syrup or raw honey (or a combo of both)

2 tbsp virgin coconut oil or other healthy cooking oil

½ tsp vanilla extract or almond extract

1 large pinch fine sea salt

Preheat the oven to 300° F. Combine all ingredients in a mixing bowl and use your clean hands to mix well and toss to coat; it will be sticky and messy but that's the fun part. The coconut oil might be liquid or solid depending on the temperature of the room you are in (it has a melting point of about 75°F.) Your hands will warm it up and melt it into the mixture if it's solid, just be sure to mix it all through the other ingredients so there aren't any chunks of oil left. Spread the mixture in a thin layer on a baking sheet and bake for 10 minutes, until very lightly toasted.

Cool before serving or storing. This granola can be kept in an airtight container in a cool, dry place for up to 2 weeks.

<http://www.elizabethrider.com/easy-healthy-homemade-granola-recipe/>