

# Yogurt Parfait with Homemade Skillet Granola

Yields 6 Parfaits and 10 Servings of Granola

## HOMEMADE SKILLET GRANOLA INGREDIENTS

- 2 tbsp. Olive Oil
- 1/4 cup Honey
- 2 cups Old Fashioned Rolled Oats
- 1/4 cup Oat Bran, Wheat Bran, or Wheat Germ
- 1/4 cup Seeds (Coconut or Whole Flaxseed)
- 1/2 cup Dried Fruit, cut into bite size pieces
- 1 pinch Salt

## PARFAIT INGREDIENTS

- 4 cups Fresh Strawberries
- 4 cups Fresh Blueberries
- 4 cups Fresh Raspberries
- 3 cups Homemade Granola
- 3 cups Non-Fat Greek or Dairy Free Yogurt

## DIRECTIONS

1. In a large skillet, add olive oil and honey. Heat over medium heat, stirring occasionally. Bring mixture to a boil (it will look foamy).
2. Stir in oats, wheat bran, and seeds or nuts, coating thoroughly.
3. Stir in dried fruit and sprinkle with a pinch salt. Mix thoroughly.
4. Turn heat to low and continue to cook for 5 minutes. Stir frequently until oats are light brown and toasted.
5. Remove from heat and put into a large bowl. Allow to cool for at least 15 minutes. Oats will crisp.
6. While granola cools, wash and cut strawberries into 1/4 inch slices.
7. Layer 1/4 cup yogurt into serving container of choice.
8. Top with 1/4 cup sliced fruit and 2 tbsp of granola.
9. Repeat until cup is full.

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