

Summer Fruit and Granola Parfait

Ingredients:

2 Tbsp coconut oil or vegetable oil

1 1/2 cups rolled oats

3 Tbsp honey

1/8 tsp salt

1 tsp cinnamon

1/3 cup chopped pecans

1/3 cup sliced almonds

4 Tbsp shredded coconut

3 cups of seasonal fruit – e.g. strawberries, raspberries, blackberries, peaches, nectarines, plums, etc.

Greek yogurt or alternative milk yogurt

Directions:

1. Melt the oil in a skillet on the stovetop.
2. Add the oats and stir until the oats are browning and starting to crisp.
3. Pour in the honey and add the salt and cinnamon. Continue stirring until well mixed over a medium heat.
4. Add the nuts and coconut. Cook for another 2 - 3 minutes until golden.
5. Pour the mixture onto a baking sheet lined with parchment and allow it to set in clusters.
6. Crush 1 cup of the berries or fruit in a bowl to make a rough purée.
7. To serve – add a spoon of yogurt to the bottom of a glass, swirl a teaspoon of the berry puree through it. Then add a layer of granola, a layer of sliced or whole berries or fruit, depending on the type, then another layer of yogurt, puree, granola and berries or fruit.

