

## 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

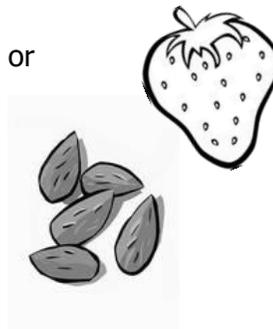
### Equipment:

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*	
<b>Calories</b> 358			
<b>Total Fat</b> 5g			16%
Saturated Fat 1g			15%
<b>Cholesterol</b> 2mg			2%
<b>Potassium</b> 550mg			14%
<b>Sodium</b> 81mg			3%
<b>Total Carbohydrate</b> 46g			14%
Dietary Fiber 5g			28%
<b>Protein</b> 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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