

Blueberry Yogurt Parfait

Crunchy granola, creamy yogurt, and a delicious sauce - this customizable fruit and yogurt parfait is perfect for breakfast, a snack, or even dessert!

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

For the Granola:

1 cup	Old Fashioned Rolled Oats
½ cup	Pumpkin Seeds, raw
2 Tbsp	Maple Syrup
1 Tbsp	Olive or Canola Oil
1 tsp	Vanilla Extract
¼ tsp	Cinnamon, ground
⅛ tsp	Kosher Salt

For the Fruit Sauce:

2 cups	Frozen Blueberries or other fruit
1 Tbsp	Sugar, granulated
¼ cup	Water
¼ tsp	Ginger, ground

For Assembly:

3 cups	Greek Yogurt, plain, nonfat
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CHEF'S NOTES

Making a homemade fruit sauce is a great way to manage added sugars and to use overripe fruit or any combination of fruit in the freezer. Customize it by experimenting with herbs and spices to add more depth of flavor!

Any type of nut or seed works well with this granola recipe. Try adding chia or flax seeds for extra omega-3s and fiber.

The fruit sauce is considered a **reduction**: the process of evaporating water by simmering, naturally thickening the sauce through concentration.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F. Line a half sheet tray with parchment paper or foil.

For the Blueberry Sauce:

2. In a small saucepot over medium-low heat, combine the frozen blueberries, sugar, water, and ginger. Allow to simmer for about 10 minutes, then lightly mash the fruit using a potato masher or fork. Simmer for an additional 10 minutes, or until slightly thickened. Remove from heat and allow to cool.

For the Granola:

3. In a medium bowl, combine the oats and pumpkin seeds. In a separate small bowl, combine the maple syrup, oil, vanilla, spices, and salt and stir until combined. Pour the liquid mixture over the oat mixture. Mix well until the entire oat mixture is coated.

- Spread the mixture onto the lined baking sheet in an even layer. Bake in the oven for 15 minutes, stirring the granola halfway through the cooking process. Remove from the oven and allow to cool.

To assemble Parfaits (for class):

- In a medium bowl, add the cooled fruit sauce to the yogurt. Stir with a spatula until just combined, with visible swirls of the fruit sauce throughout the yogurt.
- Spoon $\frac{1}{4}$ cup of yogurt mixture into 12 small cups, then top with 2 Tablespoons granola. Enjoy!

Nutrition Facts	
6 servings per container	
Serving size 1/2 cup yogurt, 2 Tbsp sauce, 1/4 cup granola (210g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 6g Added Sugars	12%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 2.1mg	10%
Potassium 380mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK

Nutrition Facts	
12 servings per container	
Serving size 1/4 cup yogurt, 1 Tbsp sauce, 2 Tbsp granola (105g)	
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 45mg	2%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.1mg	6%
Potassium 190mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK

