

HOMEMADE GRANOLA INGREDIENTS:

- 2 tbsp of coconut oil
- 1 tsp of vanilla extract
- 2 tbsp of maple syrup, honey or agave syrup (If you want to reduce sugars, use 2 tbsp of stevia or monk fruit instead)
- 1 cup of old-fashioned oats
- 1 tbsp of slivered almonds
- 1 tbsp of pumpkin seeds
- 1 cup of walnuts, chopped
- 2 tbsp of cinnamon

INGREDIENTS:

- Vanilla yogurt
- Blueberries, cut in half
- Strawberries, cut in half



Berry parfait

Homemade granola directions

1. Preheat the oven to 300 °F.
2. Mix together wet ingredients: coconut oil, vanilla extract and the sweetener (maple syrup or honey or agave/stevia or monk fruit).
3. Combine dry ingredients: oats, almonds, pumpkin seeds, walnuts and cinnamon in a large bowl.
4. Mix together wet and dry ingredients.
5. Line a large baking tray, cover with wax paper. Pour the granola mix and evenly spread it onto the tray.
6. Bake the granola for 20 min.
7. Remove from the oven and stir the granola and bake for another 20 min.
8. Store your granola.

Preparing the berry parfait

1. In a large container, layer the yogurt, berries and then granola.
2. Repeat the layer one more time.
3. Add more layers if desired and garnish with mint.
4. Serve and enjoy.