

INGREDIENTS

- 2 cup Rolled Oats
- 2 tbsp Brown Sugar
- ½ tsp Ground Cinnamon
- ¼ tsp Salt
- 1/3 cup Honey
- 3 tbsp Coconut Oil
- ½ tsp Vanilla Extract
- ½ cup chopped nuts, dried fruit, or seeds
- ¾ cup Yogurt of Choice

DIRECTIONS

1. Heat coconut oil in a large pan over medium heat.
2. Combine oats, sugar, cinnamon, honey, and vanilla in pan and stir constantly for 3-4 minutes.
3. Remove from heat and stir in nuts, seeds, dried fruit and allow to cool.
4. Place yogurt in a cup. Add a few tablespoons of fresh or frozen berries and a few tablespoons of homemade granola. Enjoy!



Yogurt Parfait

w/ Berries and Homemade Granola

Gluten Free | High Protein | Vegetarian |

Yield:
4 Servings

Prep Time:
5 Min

Cook Time:
5 Min