

Granola Berry Parfait



Ingredients

Homemade Granola

- 2 cups of Oats
- 1/8 cup (2 Tbsp) Pure Honey
- 1/8 cup (2 Tbsp) Pure Maple Syrup
- 1/4 cup Coconut Oil (Melted)
- 2 tsp Pure Vanilla Extract
- 1/2 cup Unsweetened Shredded Coconut
- 1/2 cup Pecans (chopped) or Walnuts
- 1/2 cup Sliced Almonds
- 1 Tbsp Chia Seeds
- 2 tsp Ground Cinnamon
- 1 tsp Sea Salt or Pink Himalayan Salt

- 100g of Greek Yogurt/Skyr
OR
Cottage cheese/dairy free yogurt

- Berries of choice
(Raspberries, blueberries,
blackberries, strawberries, etc)

Directions

1. Line baking sheet with parchment paper
 2. Preheat oven to 300 degrees
 3. In a large bowl mix together dry ingredients
 4. Melt honey and coconut oil together (microwave or stove)
 5. Add vanilla to coconut oil mixture then add dry ingredients
 6. Spread on prepared baking sheet
 7. Bake for 45 minutes (until golden)
- (Cool on pan to harden 10+ minutes before separating)

