

## **Red White and Blueberry Parfaits**

### **Recipe:**

2 cups nonfat plain yogurt( We like Greek style)  
1 cup fresh strawberries sliced  
1 cup sliced fresh white peaches  
1 pint fresh blueberries, raspberries and/or blackberries  
A little brown sugar to sweeten berries if needed  
1 teaspoon vanilla if you want vanilla flavor in yogurt  
1 cup good quality granola

### **Directions:**

Layer 1/3 cup yogurt into the bottom each of 4 tall glasses. Combine strawberries with fresh berries and any other fruits you choose. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy.

### **4 large servings**

This is a great treat to get the kids involved in choosing fruits at your local farmers, fruit market or grocery store. Have **them** find the ingredients and then go home and put these delicious treats together for the whole family.

## **Homemade Maple Granola**

1 1/2 cups old-fashioned oats  
1/4 cup almonds, coarsely chopped  
1/4 cup plus 3 tablespoons pure maple syrup  
1 1/2 teaspoons unsalted butter  
1/3 cup raisins or dried Cranberries

### **Directions:**

Preheat oven to 350°F. Mix oats and almonds in 13x9x2-inch baking pan. Combine 1/4 cup maple syrup and butter in heavy small saucepan. Bring to boil. Pour maple syrup mixture over oat mixture; stir to blend well. Bake 10 minutes, stirring occasionally. Add raisins to oat mixture; stir to blend. Bake until mixture is golden and crisp, stirring occasionally, about 8 minutes longer. Cool granola completely in pan. Store in airtight container at room temperature.)