



LISA CHEPLAK
THE HEALTHY FAMILY

Maple Granola and Coconut Milk Yogurt Parfaits

Yield: About 5 cups

Ingredients:

- 4 cups rolled oats
- $\frac{1}{2}$ cup ground flax seed (and about $\frac{1}{4}$ cup whole flax seeds)
- 1 cup chopped raw unsalted nuts, such as: almonds, walnuts or cashews
- 1 cup raw unsalted pumpkin seeds or sunflower seeds
- 1 cup shredded unsweetened coconut
- 1 tsp ground cinnamon, nutmeg or allspice
- $\frac{3}{4}$ cup maple syrup
- $\frac{1}{4}$ cup coconut oil, melted

Directions:

1. Add oats, nuts, flax seeds, pumpkin seeds or sunflower seeds, and coconut. Sprinkle with cinnamon, nutmeg or allspice.
2. In a separate bowl, mix together $\frac{3}{4}$ cup maple syrup and $\frac{1}{4}$ cup melted coconut oil. Pour over granola and mix well to coat.
3. Pour onto sheet pans covered with parchment paper. Bake at 250 degrees until golden and toasted about 45 minutes. Watch closely and stir about every 10 minutes. *If using a dehydrator, pour granola onto dehydrator sheets, and set temperature to 115 degrees for about 8 hours until everything is well toasted.
4. Remove from oven or dehydrator and add raisins, cranberries, dates, apricots and/or any other favorite dried fruit.
5. Cool and store in an airtight container.

Coconut Milk Yogurt Parfait

Ingredients:

- Granola
- Fresh Fruit
- Coconut Milk Yogurt, Vanilla flavor is the best!

Directions:

1. Layer granola, coconut milk yogurt and fruit into a glass, about 2 or 3 layers per serving.