



Tropical Granola Parfait

1 (6-ounce) container low-fat or fat-free flavored yogurt
1/2 cup sliced fruit
1/3 cup Tropical Granola (recipe below)
Tropical Granola:
1/4 cup vegetable oil
2 Tbsp. brown sugar
1/2 tsp. vanilla extract
2 cups old-fashioned oats
1/4 cup Almond Accents Honey Roasted or Original Oven Roasted sliced almonds
1/2 cup flaked coconut
2 tsp. wheat germ (optional)



Preparation Time : 10 minutes

Layer yogurt, fruit and granola in a juice glass. Try a combination of: Pineapple yogurt with sliced mango or kiwi, lemon or peach yogurt with berries, or vanilla yogurt with sliced bananas. Preheat oven to 300°F. Combine oil, brown sugar and vanilla in a medium bowl, mixing until smooth. Stir in oats. Transfer mixture to a baking dish and bake 15 minutes. Stir in coconut and wheat germ if desired, and bake 15 to 20 minutes more, until coconut is golden and fragrant. Top with Almond Accents. Cool and serve, or store airtight up to 1 week.

Makes 1 serving

Nutrition information per serving: 316 calories; 13 g fat; 3 mg cholesterol; 134 mg sodium; 36 g carbohydrate; 15 g protein

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