



## Yogurt Parfait with Red Apple Balsamic Granola

Prep Time: 10 minutes   Cook Time: 40 minutes   Servings: 4-6

### Granola Ingredients Yield: 9 Cups

- 4 C Quaker Old Fashioned Rolled Oats
- 1 C sliced almonds
- 1 C walnuts, chopped
- $\frac{3}{4}$  C raisins
- $\frac{3}{4}$  C dried apple rings, chopped
- $\frac{1}{2}$  C **Gustare Roasted French Walnut Oil**
- $\frac{1}{4}$  C **Gustare Red Apple Balsamic Vinegar**
- 2 T Agave Nectar
- 1 T brown sugar
- pinch of sea salt
- 1 t ground cinnamon

### Directions

Preheat the oven to 350°.

Place the oats, almonds, walnuts, raisins and apples in a large bowl and toss to mix. Add the walnut oil, balsamic vinegar, agave nectar, brown sugar, salt and cinnamon and stir with a wooden spoon until all the dry ingredients are coated. Pour onto a sheet pan. Bake for 25 minutes, stirring occasionally, until golden brown.

Remove the granola from the oven and allow to cool on the sheet pan on a rack. Store in an airtight container.

*See next page for Lemon Yogurt and Mixed Fruit.*

*to taste, to enjoy, to savour*

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## Lemon Yogurt and Mixed Fruit

### Mixed Fruit Ingredients

- 1 ½ C Granny Smith apples, peeled, cored and chopped
- 1 ½ C Bosc or Anjou pears, peeled, cored and chopped
- ¼ C confectioners' sugar
- 3 T **Gustare Red Apple Balsamic Vinegar**
- juice of ½ lemon

### Lemon Yogurt Ingredients

- 1 ½ C plain Greek yogurt (Chobani or Fage)
- ¾ t lemon zest
- 1 T lemon juice

### Directions

Add fruit, confectioners' sugar, balsamic vinegar and lemon juice to a saucepan over medium heat. Cook until fruit softens and becomes thick and syrupy, approximately 12 minutes. Remove from heat and cool.

In a small bowl, stir together yogurt, zest and juice. To serve, in each glass layer yogurt, granola and fruit mixture and repeat finishing with fruit mixture. Add a bit of lemon zest for garnish. Enjoy!

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