



Yogurt Parfait with Red Apple Balsamic Granola

Prep Time: 10 minutes

Cook Time: 40 minutes

Servings: 4-6

Ingredients

Granola:

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 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°F.

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.

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to taste, to enjoy, to savour



Yogurt Parfait with Red Apple Balsamic Granola continued from previous page

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.

Lemon Yogurt and 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:

1 ½ C plain Greek yogurt (Chobani or Fage)

½ 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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