

SWISS YOGURT PARFAIT

Guests will love this healthy ending to a meal – serving the parfaits in individual dishes makes for a beautiful presentation.

Yield: 4 servings

method:

- Layer granola, strawberries and Swiss yogurt in 4 glass serving dishes.
- Garnish with almonds and mint sprig (optional).
- Refrigerate until service.

JOAN'S GRANOLA

Our food stylist passed along this healthy and delicious granola recipe – offer your guests a small bag as a tasty take-away after a brunch get-together.

method:

- Preheat oven to 220° F.
- Combine all ingredients in a large bowl and stir well.
- Spread ingredients on onto 2 (10" x 14") jelly roll pans.
- Bake for one hour, stirring occasionally
- Allow granola to cool completely and store in an air-tight container.

ingredients:

Swiss Yogurt Parfait

- 4 6 ounce cups **Emmi Swiss Yogurt**, plain or vanilla
- 1 cup store-bought or homemade granola (see recipe below)
- 6 - 8 strawberries, sliced
- Almonds and mint sprigs for garnish (optional)

Joan's Granola

- 1 cup oats
- 2 cups barley oats
- 1 cup almonds, sliced
- 1 cup sunflower seeds
- ½ cup coconut, shredded
- ½ cup soy flour
- ½ cup powdered milk
- ½ cup honey
- ½ cup canola oil
- 2 tablespoons vanilla
- 1 ½ teaspoons cinnamon
- 1 ½ teaspoons nutmeg
- 1 cup dried fruit (raisins, yellow currants, dried cranberries and/or chopped dates)