



A late afternoon nosh that packs plenty of iron means energy, energy, energy.

## GRANOLA, YOGURT & BERRY PARFAITS

**MAKES** 7 servings **PREP** 10 minutes **BAKE** at 300° for 35 minutes

**2½ cups** old-fashioned oats

**½ cup** slivered almonds

**½ cup** dried cherries

**½ cup** maple syrup

**¼ teaspoon** salt

**¼ teaspoon** cinnamon

**3½ cups** mixed frozen berries, thawed

**2½ cups** 1% vanilla Greek yogurt (such as **Chobani**)

- ① Heat oven to 300°. Coat a large rimmed baking sheet with nonstick cooking spray.
- ② In a medium-size bowl, combine the oats, almonds, cherries, maple syrup, salt and cinnamon. Stir until well combined, then spread onto prepared baking sheet. Bake at 300° for about 35 minutes, stirring halfway through, or until golden brown. Remove to a wire rack and let cool completely.
- ③ Place ¼ cup granola in the bottom of serving glass, then top with ¼ cup berries and a scant 3 tablespoons yogurt. Repeat layering once more. Repeat with remaining glasses.

**PER SERVING** 348 calories; 6 g fat (0 g sat.); 12 g protein; 62 g carbohydrate; 10 g fiber; 103 mg sodium; 0 mg cholesterol

### WHOLE GRAIN

### Variations

1. Sub in raisins and honey, then layer with bananas and vanilla Greek yogurt.
2. Spread frozen fruit bar with yogurt, then roll it in granola (made without nuts or fruit).
3. Stir together sliced red and green grapes with yogurt and place in a large bowl; top with granola before serving.



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