

Homemade Granola Parfait

Ingredients

- 1.5 cup granola
- 1.5 cup, sour or Mediterranean yogurt
- 1 pint organic strawberries, chopped
- 2T – sugar
- Seeds from ½ a vanilla pod
- 2 organic blackberries (garnish)
- 2 organic strawberries, fanned (garnish)
- 2 sprigs organic mint



Procedure

1. Place the chopped strawberries, the sugar and the vanilla together in a mixing bowl. Stir to distribute evenly and rest for an hour or so, to let the natural juices flow from the berries.
2. In a stemmed wine glass or other stemmed glass place 3 or so tablespoons of the yogurt into the bottom of the glass with an ice tea spoon or other long handled spoon. Make a slight well in the yogurt and smooth along the sides of the glass to keep a continual and even line.
3. Spoon in some of the macerated strawberries. Use the spoon to keep an even line around the glass.
4. Repeat the above step with the granola, the yogurt, the strawberries and top with the granola.
5. To garnish, spoon a dollop of the yogurt on top of the granola, add the fanned strawberries, blackberries and a sprig of mint.

Chef's tip – This works great as a year round dish! Substitute the berries for some seasonal organic fruit and you can enjoy this tasty parfait anytime, anyplace and anywhere.