



Visiting Nurse Association

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Blueberry & Maple-Pecan Granola Parfait

Makes 4 servings. Recipe adapted from *Cooking Light Magazine*.

GRANOLA:

Ingredients

2 cups regular oats
1/2 cup pecan pieces
1/2 cup maple syrup
1/4 cup packed brown sugar
2 tablespoons canola oil
1/8 teaspoon salt
Cooking spray

Nutritional info per serving

Calories:	129
Total fat:	5g
Cholesterol:	0mg
Total Carbs:	19g
Dietary Fiber:	2g
Protein:	2g
Calcium:	20mg

Directions

1. Preheat oven to 300°.
2. Combine oats and next 5 ingredients (through salt); spread on a large cookie sheet coated with cooking spray.
3. Bake at 300° for 1 hour, stirring every 15 minutes. Cool completely.

Note:

Store in an airtight container for up to one week.

PARFAIT:

Ingredients

2 cups vanilla fat-free yogurt
2 cups blueberries
1 cup Maple-Pecan Granola

Nutrition

Calories:	283
Total fat:	6g
Cholesterol:	2mg
Total Carbs:	51g
Dietary Fiber:	4g
Protein:	9g
Calcium:	242mg

Directions

1. Spoon 1/4 cup yogurt into each of 4 parfait glasses; top each serving with 1/4 cup blueberries.
2. Top each serving with 1/4 cup Maple-Pecan Granola, 1/4 cup yogurt, and 1/4 cup blueberries.

Photo does not accurately represent recipe.