

## Granola Parfaits

## **INGREDIENTS:**

- 2 ¼ cups old-fashioned rolled oats
- 1 cup sweetened shredded coconut
- 1 cup slivered almonds
- ¼ cup vegetable oil
- ¼ cup honey, plus more for drizzling
- ¾ cup dried cranberries
- ¾ golden raisins
- 1/3 cup shelled and salted sunflower seeds
- 2 cups Greek yogurt
- Fresh berries

## **DIRECTIONS:**

- 1. Preheat oven to 350°F
- 2. In a large bowl, toss together the oats, coconut, and ¾ cup of the almonds.
- 3. In a small bowl, whisk together the oil and honey, then stir into the oat mixture.
- 4. Spread the mixture in an even layer on a rimmed baking sheet.
- 5. Bake until golden brown, 17 to 20 minutes, stirring occasionally.
- 6. Transfer the mixture to a large bowl and add the cranberries, raisins, and sunflower seeds.
- 7. Carefully spoon a large dollop of yogurt into each glass or serving dish and top with a large spoonful of granola. Add a few berries then drizzle with honey. Repeat the layers once more in each glass.
- 8. Top with remaining slivered almonds for garnish.

Source: Adapted from Trisha's Table: My Feel-Good Favorites for a Balanced Life