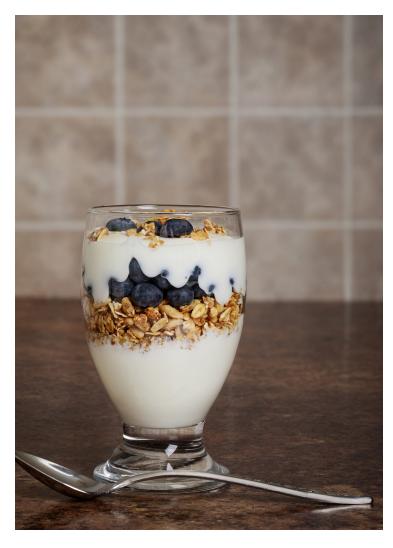


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PARFAIT:

Ingredients

2 cups vanilla fat-free yogurt 2 cups blueberries

1 cup Maple-Pecan Granola

N	ut	rit	ion	

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

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

	0
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.

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.