

# THE CULINARY

*Playground*



## Granola

1/2 cup old fashioned oats  
1 tablespoon shredded unsweetened coconut  
1 tablespoon roasted pumpkin and/or sunflower seeds  
1 tablespoon maple syrup  
1 teaspoon vegetable oil  
pinch salt  
pinch cinnamon

Optional mix ins; 1 tablespoon of the following  
chopped dry fruit such as raisins, cranberries, blueberries, strawberries, apricots  
and/or toasted nuts, chopped such as walnuts, pecans and/or almonds

Preheat oven to 350 degrees.  
Combine oats, coconut and seeds in a bowl. Add syrup, oil, salt and cinnamon. Stir well.  
Spread oat mixture on a parchment paper lined baking sheet.  
Bake for 8 minutes until toasted, stirring halfway through.

Once oats are cool, add optional fruit and nuts and mix.

Serve covered with milk or sprinkled on yogurt.



## **Yogurt Parfait**

1/2 cup vanilla greek yogurt

1/4 cup granola

1/4 cup fresh fruit (berries, mango, banana, kiwi)

In a tall clear glass, spoon 1/4 cup yogurt

Spoon 2 tablespoons of granola overtop.

Spoon 2 tablespoons of fruit overtop.

Repeat the process once more, finishing with fruit.