

# Peach Parfait Granola

Peaches provide a great source of antioxidants and vitamin C which gives your body a strong defense against disease. The sweetness from the peaches is balanced by the oats to provide more naturally occurring fiber and nutrients than other crumble recipes out there.

Served over Greek yogurt this snack is the perfect balance of protein, fiber and carbohydrates. This recipe is not only tasty in the summer - you can swap out the peaches for other fruit like apples, blueberries, or cherries to match any season!

## Ingredients:

2 peaches, diced with skin on  
1 tablespoons cornstarch  
½ teaspoon vanilla extract  
½ teaspoon cinnamon  
½ cup oats  
2 tablespoons whole wheat flour  
¼ cup pumpkin seeds  
¼ cup pitted dates, chopped finely or raisins  
1 tablespoon maple syrup  
Drizzle of olive oil  
2 cups Greek yogurt



## Directions:

1. In a large bowl, toss together the diced peaches, corn starch, vanilla extract, and cinnamon until thoroughly combined.
2. In a separate bowl, mix together the oats and flour. Add in the maple syrup, pumpkin seeds and dates and mix until completely incorporated.
3. In a large pan, drizzle a small amount of olive oil. Add oat/flour mixture. Cook for about 5 minutes and then move around so oats do not burn. Once oats are crunchy and set aside.
4. In the same pan, add peach mixture. Cook until peaches are warm and soft.
5. Add a half a cup of yogurt to a small bowl. Add peaches on top and garnish with oat mixture.

**Yield:** 4 servings

## Nutrition Facts:

220 calories; 3 g Fat (.5g Saturated Fat; 0 g Trans Fat); 5 mg Cholesterol; 40 mg Sodium; 36 g Carbohydrate (3 g Fiber, 18 g Total Sugar, 5 g Added Sugar); 15 g Protein; 0% Daily Value (DV) Vitamin D; 10% DV Calcium; 6% DV Iron; 10% DV Potassium