

YOGURT (GREEK) & GRANOLA

INGREDIENTS

1 cup (I use Fage`) PLAIN 2% yogurt
Granola (recipe doubles easily)
2 cups rolled oats
1/2 cup whole almonds
3 oz sunflower seeds
1/2 cup pumpkin seeds
1 1/2 tsp wheat germ
1/8 sesame seeds
1/4 cup frozen apple juice concentrate
2 T sunflower oil
1/4 cup each raisins, blueberries and cranberries.
Blueberries are full of antioxidants.



DIRECTIONS

1. Preheat oven to 325 degrees
2. Mix all ingredients together in a bowl, spread evenly on a baking tray.
3. Bake, turning often (granola will burn in a heartbeat if you're not paying attention) every 7-10 mn. bake for 45mn to an hour.
4. Remove from oven and cool. You can also let granola cool in oven overnight depending on your oven.
5. Add dried or fresh fruit, serve with yogurt.



This is a great balance of healthy fat,
carbs and protein.

NOTES:

I use Greek yogurt, I like how thick it is as well as it's higher protein content than regular yogurt. I up the protein even more, by adding a scoop of Whey protein powder to the yogurt--it gets very shiny (almost like frosting).

I top the yogurt with a SMALL amount (1/4 c) of homemade granola, which is made without sugar (sweetened with frozen apple juice concentrate).

This can be a great post work out snack or breakfast