

Recipe: Lemonade-Yogurt-Granola Breakfast Parfait



Makes 4 servings

1 teaspoon cornstarch
1 3/4 cups Minute Maid® Light™ Lemonade
As needed, fat-free non-fat cooking spray
3/4 cup old-fashioned oats
4 teaspoons coconut, sweetened, flaked
4 teaspoons sunflower seeds, raw, hulled
1 tablespoon almonds, blanched, slivered
1 tablespoon pumpkin seeds, raw, hulled
3 tablespoons water
2 tablespoons honey
1 1/2 teaspoons vegetable oil
1/4 teaspoon salt
1/2 cup dried mixed berries
3 tablespoons dried apricots, diced
16 ounces non-fat, sugar-free lemon yogurt

Method:

1. Dissolve cornstarch in 1 tablespoon lemonade. Reduce 1 1/2 cup of lemonade over medium heat to 1/3 cup, about 20 to 30 minutes. While simmering, whisk cornstarch mixture into the reduction. Cook until slightly thickened, about 1-2 minutes. Remove from heat and allow to cool.
2. Prepared granola may be substituted, if desired.
3. To make granola, preheat oven to 275°F. Spray a baking sheet with cooking spray. Toss together oats, coconut, sunflower seeds, almonds, and pumpkin seeds. Combine the water, honey, and oil and pour over the oat mixture. Stir until coated. Transfer to prepared baking sheet. Bake granola in center of oven, stirring every 15 minutes until lightly golden and dry, about 40 to 45 minutes. Sprinkle with salt and stir. Set aside to cool. Note: Granola may be made ahead and stored in an airtight container for up to 2 weeks.
4. Make fruit compote by combining 1/4 cup lemonade and dried fruit in a small saucepan. Bring to a boil, remove from heat, cover and allow fruit to absorb liquid, about 30 minutes.
5. Assemble the parfait by spooning half of the yogurt into the bottom of chilled glasses or dishes. Sprinkle with half of the fruit compote. Top fruit layer with half of the granola. Repeat layering. Drizzle top layer with sauce. Serve chilled.

Nutritional Analysis:

Serving size: Parfait containing: 1/2 cup yogurt mixture, 2 tablespoons fruit compote, 3 tablespoons granola, 1 tablespoon sauce
Cal: 296
Protein: 10g
Fat: 7g
Carb: 52g
Sodium: 125mg
Chol: 3mg
Sugar: 32g