



# NUTTY BREAKFAST PARFAIT

## Ingredients

- |     |  |   |   |
|-----|--|---|---|
| 1 ½ | cups old fashioned rolled oats           | 2 | cups thinly sliced, peeled peaches (about 4 medium peaches) |
| ½   | cup California walnuts, coarsely chopped | 1 | cup blueberries   |
| ⅓   | cup pure maple syrup, divided            | 1 | cup cubed, peeled kiwi (about 3)                            |
| 2   | teaspoons butter                         | 2 | cups nonfat plain yogurt                                    |
| 2   | cups sliced, hulled strawberries         |   |   |

## Directions:

Mix oats and walnuts in 9 x 13 inch baking pan.

Combine ¼ cup of the maple syrup and butter in small, heavy saucepan. Bring to boil. Pour maple syrup mixture over oat mixture; stir to blend well. Bake 10 minutes at 375°F, stirring occasionally.

Continue to bake until mixture is golden and crisp, stirring occasionally, about 8 minutes longer.

Cool granola completely in pan. (Can be prepared 1 week ahead. Store in airtight container at room temperature).

Gently toss strawberries, kiwi and remaining maple syrup in large bowl to blend. Divide half of the fruit mixture among 6 parfait or wine glasses.

---

From JoyofKosher.com



**SHARSHERET**

NATIONAL OFFICE  
1086 Teaneck Road, Suite 2G  
Teaneck, New Jersey 07666

T | 866.474.2774  
E | [info@sharsheret.org](mailto:info@sharsheret.org)  
[www.sharsheret.org](http://www.sharsheret.org)