Greek Yogurt Parfaits with Homemade Granola

For Granola:

* *4 cups*[*rolled oats*](http://www.geniuskitchen.com/about/oatmeal-465)
* *1 mL* [*salt*](http://www.geniuskitchen.com/about/salt-359)
* *15 mL*[*ground cinnamon*](http://www.geniuskitchen.com/about/cinnamon-324)
* *30 mL*[*ground flax seeds*](http://www.geniuskitchen.com/about/flax-seed-684)*(optional)*
* *250 mL almonds (optional)*
* *80 mL oil*
* *160 mL corn syrup*
* *5 mL*[*vanilla extract*](http://www.geniuskitchen.com/about/vanilla-350)

1. Heat oven to 300 degrees Fahrenheit.
2. Combine oats, nuts (optional), salt, cinnamon and flax (optional) in a large bowl and set aside.
3. Combine oil, corn syrup, and vanilla in a separate bowl.
4. Mix wet ingredients into dry - you may need to use your hands to make sure the oats are evenly coated.
5. Then spread the mixture onto two cookie sheets lined with parchment.
6. Bake 10 minutes. Then remove from oven and stir.
7. Bake an additional 10 minutes or until slightly golden.
8. Remove from oven and allow to cool completely before serving.

For Parfaits: (per person)

* *½ cup honey Greek yogurt*
* *½ cup berries (fresh or frozen)*
* *¼ cup granola*

1. Rinse and then pat the berries with paper towel until dry. Cut berries into small pieces.
2. Layer yogurt, berries and granola in an ice cream dish or tall glass. Start with Greek yogurt, then the berries, followed by granola sprinkled on top. Serve with a spoon.