Homemade Vietnamese Yogurt & Granola Parfaits

Vietnamese Yogurt

1 can (14 oz.) Sweetened condensed Milk
1 ½ c. water (near boiling)
1 ¼ c. milk (I use whole)
1 c. plain yogurt (I use vanilla)

Pour sweetened condensed milk into a bowl and add hot water. Whisk until combined. Add whole milk into bowl and mix. Add yogurt. Gently whisk until everything is smooth. You can use a fine mesh strainer or cheesecloth to catch any small lumps that didn't mix in. Pour mixture into three pint jars. In a pot that is tall enough to go above the rims of your containers, make a hot water bath for the containers. Heat up the water to a near boil, turn heat off, and add the jars. Have extra hot water on hand to bring the water almost up to the top of the jars. Make sure you do not get any water into the jars. Use a funnel to pour in any additional water you may need to get the water high enough on the jars. Place a towel over the pot and let the yogurt set. After the water has cooled completely (4 – 5 hours), the yogurt should be fairly set. Remove the jars from the bath, put lids on the jars, and store in the refrigerator. This makes 9 half cup servings.

Maple Vanilla Granola

5 ½ c. old fashioned rolled oats (DO NOT use quick oats)
1 ½ c. wheat germ
½ tsp. salt
½ c. maple syrup
½ c. brown sugar
½ c. vegetable oil
1 tsp vanilla extract
1 c. dry-roasted, unsalted almonds (left whole or chopped up)

Preheat oven to 300$^{o.}$ Line a rimmed, half sheet baking pan with a silpat mat or parchment paper. In a large mixing bowl, combine oats, wheat germ, and salt. In a small saucepan, combine syrup, sugar, oil and vanilla. Heat just until the sugar is dissolved. Pour the liquid over the dry mixture, stirring to coat. Transfer to the baking sheet and spread evenly, pressing the mixture firmly into the pan. Bake for 40-45 minutes, or until golden brown. Break into clusters and bake for an additional 5-10 minutes. Allow to cool completely before packaging in an airtight container. Stir in almonds, or add them to taste upon serving. Freeze for a longer shelf life.

You can add 1 cup of oat bran as well. If you do, use only 5 cups oats and 1 cup wheat germ.

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