

HOMEMADE YOGURT AND FRUIT PARFAIT

Makes 1 quart of yogurt

1 quart 2% milk (may use whole, 1% or skim milk)
¼ cup plain whole milk yogurt

Have a 1 quart jar with a screw-on lid (or several smaller jars) ready and boil water. Pour the boiling water into the jar and let it stand for 5 minutes to sterilize it. Pour out the water and set aside.

In a large, heavy-bottomed saucepan heat the milk until it reaches 180 degrees on a thermometer. Remove from heat, keeping the thermometer in the pot.

When the temperature drops to 115 degrees, stir in the yogurt until thoroughly incorporated. Pour the mixture into the jar and screw on the lid.

Place the yogurt in a warm place and leave it undisturbed for 10 to 12 hours. You can wrap the jar with a towel if your house is a bit cool. For a thicker, tangier yogurt, let yogurt sit an additional 3 to 5 hours.

Refrigerate yogurt for at least 3 hours before eating.

HOMEMADE GRANOLA

| | |
|----------------------------------|--------------------------------|
| 3 cups old fashioned rolled oats | 1 cup TEXAS pecans |
| 2 tablespoons of coconut oil | 1 cup slivered almonds |
| ½ cup honey | ½ cup unsalted sunflower seeds |
| 1 tbls vanilla | 1 stick butter |

cast iron skillet, wax paper, spatula

With coconut oil in skillet, stir in oats. Brown oats in skillet for 3 minutes. Melt honey, vanilla, and butter in microwave until smooth. Poor this mixture over the oats in skillet, stir to coat completely and continue to heat over low heat for approx. 5 minutes.

Place on cookie sheet (sprayed with non-stick spray) and bake at 350 degrees for approx. 30 minutes. Place and spread out granola on wax paper to cool for 1 hour. Place into an airtight container.

YOGURT AND FRUIT PARFAIT

Assembly the Parfait dish with layers of fresh fruit, yogurt, granola and repeat for a fun and healthy breakfast, snack or dessert.