

Yogurt Parfaits

Kids love to help assemble these layered yogurt dishes. Choose a yogurt that is low in sugar and high in protein for long-lasting energy. Use frozen or fresh fruit, whichever you have around, and don't be afraid to get a little messy!

Ingredients:

¾ cup	Plain Yogurt
½ cup	Fruit (fresh or frozen)
¼ cup	Granola
1 Tablespoon	Honey



Directions:

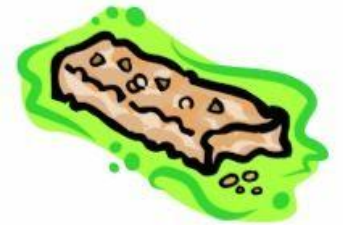
1. Spoon about 1/3 of the yogurt into the bottom of a clear bowl or cup. Top with ½ of the fruit, granola, and honey.
2. Repeat step 1 with more yogurt, the rest of the fruit, granola, and honey, and then top with the last of the yogurt. Enjoy!

Homemade Granola Bars

These no-bake granola bars are quick, affordable, and delicious. Feel free to play around with the ingredients. These are great with dried fruit, nuts, sunflower seeds, chocolate chips, or any combination of those!

Ingredients:

1 ¾ cup	Quick Cooking Oats
1 cup	Natural Nut/Seed Butter (Peanut, Almond or Sun-butter)
1/3 cup	Honey
1 Teaspoon	Vanilla Extract
1 Teaspoon	Cinnamon
1/3 cup	Peanuts (or Sunflower seeds)
1/3 cup	Dried Cranberries



Directions:

In a large bowl, mix together oats, nuts, cinnamon, and dried fruit. In a medium bowl whisk together peanut butter, honey, and vanilla extract. Line a 9x9 baking pan with wax paper. Pour the wet ingredients into the bowl of dry ingredients and mix well. Using a small square of wax paper or aluminum foil, press the mixture into pan forming an even layer all the way to the corners. Refrigerate overnight, then remove from pan by lifting wax paper out. Using a sharp knife, cut into 12 rectangular bars. These can be individually wrapped for on-the-go snacking! Enjoy.