

Get your Omega-3 boost with America's Best Tasting Granola.*



Granola Strawberry Parfait

(SERVES SIX)

Parfait is the French word for perfect. That's about the best way to describe the taste of this luscious low-fat, whole grain dessert — edible proof that granola is not just breakfast fare!

If you don't have 6 tall parfait glasses, use wine goblets or drinking glasses.

- 1 1/2 c. Low-fat ricotta
- 1/4 c. Stonyfield Farm Lowfat Vanilla Yogurt
- 4-5 Tbsp. Strawberry jam (depending on desired sweetness)
- 1 tsp. Grated orange zest
- 1-1 1/4 lbs. Strawberries, trimmed
- 1 1/2 c. Nature's Path FLAX PLUS® GRANOLA
- Fresh mint leaves, for garnish

1. Puree ricotta, STONYFIELD FARM YOGURT, and jam in a food processor. Stir in orange zest.
2. Reserve 6 small strawberries for garnish; cut remaining strawberries into thick slices.
3. Spoon 2 tablespoons NATURE'S PLUS® FLAX PLUS® GRANOLA into each glass.
4. Top with 2 tablespoons of ricotta mixture and a thick layer of strawberry slices. Repeat with a second layer of granola, ricotta, and strawberries.
5. Top with a whole strawberry, and garnish with a few mint leaves.

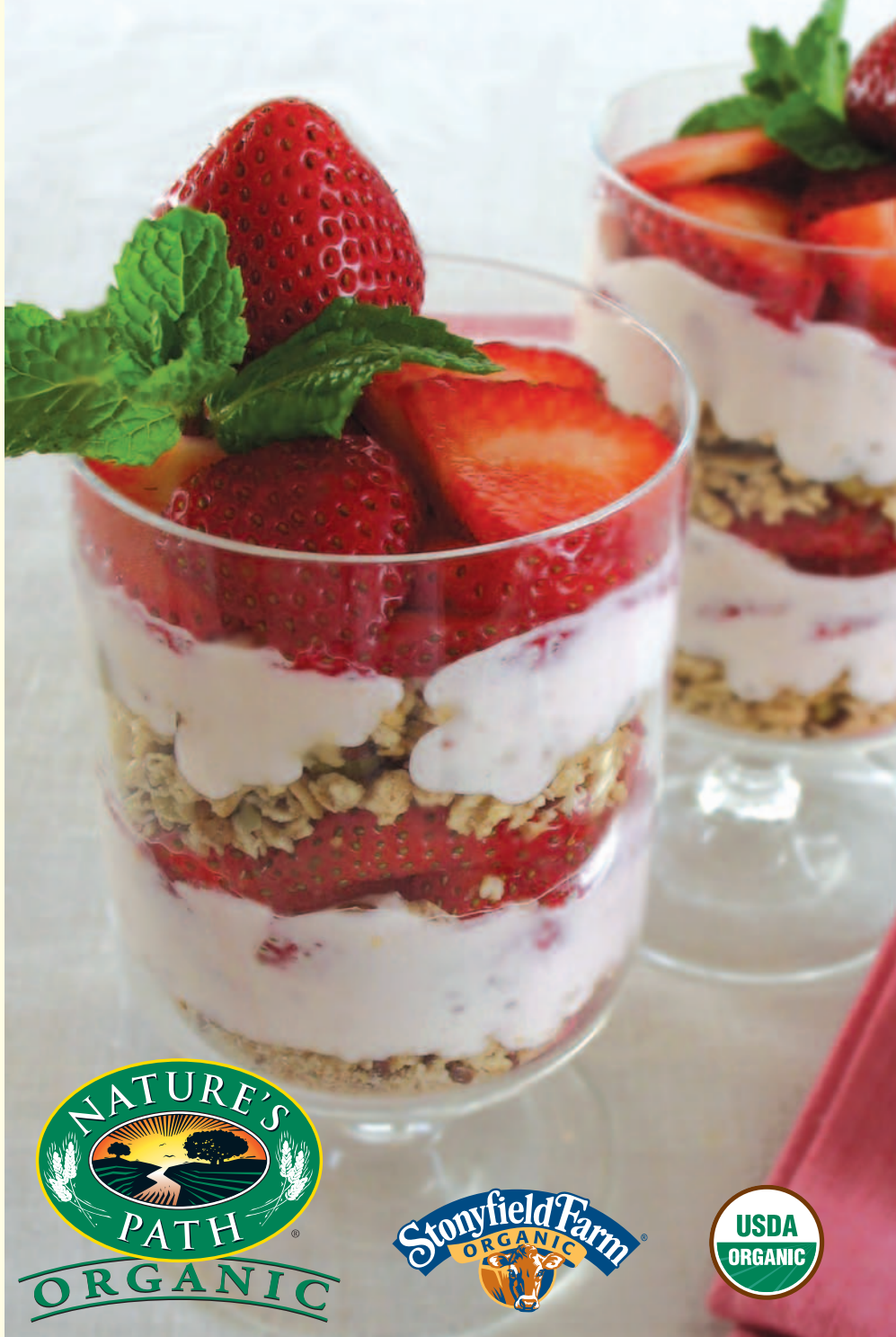
Serve immediately or refrigerate until needed, up to 6 hours.

Nature's Path Parfait Recipe

By Lorna Sass

Author of "Whole Grains Every Day, Every Way."

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