

Harvest Yogurt Granola Cup

Makes: 6 Servings

Ingredients

3/4 cup +1 Tbsp quick oats
1/2 cup + 1 1/2 tsp Cheerio's cereal
1 1/2 tablespoons pecans
1 tablespoon + 1 tsp cinnamon, ground
2 tablespoons apple juice
1/8 teaspoon vanilla extract
1 1/2 tablespoons raisins
1 1/2 cups yams
3 1/2 tablespoons applesauce, unsweetened
1 1/2 cups plain low-fat yogurt
1/2 teaspoon nutmeg
1 1/2 cups vanilla low-fat yogurt
non-stick cooking spray



Directions

1. Preheat oven to 300°F.
2. Combine oats, Cheerios, pecans, and 1/4 teaspoon cinnamon in a bowl and mix well.
3. Combine low-calorie syrup, apple juice, and vanilla extract in large bowl and add oat mixture. Toss well.
4. Spread on a cookie sheet coated with non-stick cooking spray and bake for 30-45 minutes, mixing every 15 minutes. Bake until golden brown.
5. Remove from oven and stir in raisins. Cool completely.
6. Store in an airtight container until needed for service.
7. To create the Harvest Yogurt blend, combine mashed yams, applesauce, 1 1/2 cups of plain low-fat

yogurt, remaining ground cinnamon, and nutmeg in a large bowl. Mix well.

8. Add 1/2 cup of Harvest yogurt blend into an 8 oz cup.
9. Add 1/4 cup of vanilla yogurt on top of each harvest yogurt layer.
10. Finish with a 2 oz cup portion of Cheerio granola.

Notes

Serving Size: One 8 oz cup with 1/2 cup Harvest Yogurt blend, 1/4 cup vanilla yogurt, and 2 oz Cheerio granola.