



Yogurt and Granola Trifle

 Vegetarian

READY IN



90 min.

SERVINGS



4

CALORIES



720 kcal

DESSERT

Ingredients

- 0.5 cup crisped rice cereal
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground ginger
- 3 tablespoons honey
- 2 tablespoons maple syrup
- 0.3 cup milled flax seed
- 2 cups oats whole instant (not)
- 0.5 cup pecans chopped

- 4 servings salt
- 2 cups seasonal fruit chopped (if using banana, toss in lemon juice)
- 1 teaspoon vanilla
- 1 quart vanilla yogurt
- 2 tablespoons vegetable oil
- 2 tablespoons water

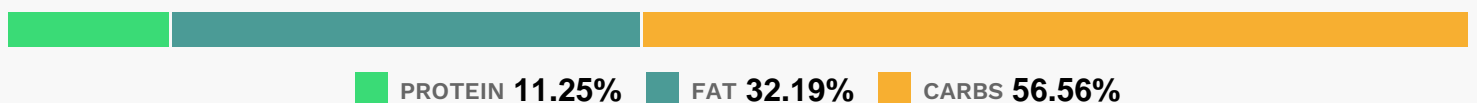
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Watch how to make this recipe.
- In a small trifle bowl, layer the fruit, granola and yogurt in two layers, starting with the fruit on the bottom then granola followed by yogurt. Chill for fifteen minutes or up to a few hours, and then serve either for dessert or for breakfast.;
- Preheat the oven to 300 degrees F.
- In a large bowl, whisk together the cinnamon, ginger, 1/4 teaspoon salt, honey, oil, maple syrup, water, and vanilla together.
- Add in the oats, pecans, rice cereal, and wheat germ. Toss to coat completely.
- Spread the granola out on a baking sheet lined with parchment and bake until dry and crisp, but not yet browned, 30 to 35 minutes, stirring once or twice. Allow to cool completely before storing in an airtight container.

Nutrition Facts



Properties

Glycemic Index:43.94, Glycemic Load:18.69, Inflammation Score:-7, Nutrition Score:27.729130288829%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 719.96kcal (36%), Fat: 26.59g (40.91%), Saturated Fat: 4.63g (28.95%), Carbohydrates: 105.12g (35.04%), Net Carbohydrates: 94.46g (34.35%), Sugar: 66.16g (73.51%), Cholesterol: 11.83mg (3.94%), Sodium: 363.57mg (15.81%), Alcohol: 0.34g (100%), Alcohol %: 0.09% (100%), Protein: 20.91g (41.83%), Manganese: 2.88mg (143.89%), Phosphorus: 606.27mg (60.63%), Calcium: 489.42mg (48.94%), Vitamin B2: 0.74mg (43.62%), Fiber: 10.66g (42.64%), Magnesium: 159.86mg (39.97%), Selenium: 26.91µg (38.44%), Vitamin B1: 0.57mg (38.09%), Zinc: 4.76mg (31.72%), Copper: 0.58mg (29.08%), Potassium: 950.04mg (27.14%), Vitamin B12: 1.25µg (20.9%), Vitamin B5: 2.04mg (20.41%), Vitamin K: 20.23µg (19.26%), Iron: 3.45mg (19.19%), Folate: 57.07µg (14.27%), Vitamin B6: 0.25mg (12.45%), Vitamin A: 470.26IU (9.41%), Vitamin B3: 1.79mg (8.95%), Vitamin E: 1.02mg (6.81%), Vitamin C: 4.83mg (5.85%)