

# Healthy Homemade Granola Parfait

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/fish-greek-yogurt-recipe>

## Ingredients:

- 6 cups old fashioned oats uncooked
- 2 cups sliced almonds
- 1 cup shredded coconut
- 1 cup roasted and salted sunflower seeds
- 1 tablespoon flaxseed or more if you like it!
- 1 tablespoon wheat germ or more if you like it!
- 1/2 cup coconut oil melted
- 1 cup honey
- Greek yogurt unchecked?
- raspberries unchecked?
- strawberries unchecked?, sliced
- dark chocolate unchecked? chopped, optional, I used chopped dark chocolate chips
- dark chocolate
- Greek yogurt
- berries
- coconut oil
- walnuts
- fish any white flaky such as cod
- baby spinach
- Pecorino Romano cheese