

Greek Yogurt Peach Cherry Parfait

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1/2 cup oats {gluten free}
- 1/2 cup walnut pieces chopped
- 1/4 cup coconut flakes unseated
- 1 cup slivered almonds
- 2 tablespoons chia seeds
- 1 teaspoon ground cinnamon
- 2 tablespoons coconut oil melted
- 3 tablespoons pure maple syrup
- 1/4 cup pumpkin seeds
- 2 peaches firm, peeled and seeded
- 1 tablespoon pure maple syrup
- 18 cherries fresh, pitted and cut into ?
- greek yogurt
- 1 cup peach puree
- 1 cup greek yogurt
- 1 cup granola Homemade Nut

Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 15 milligrams
4. Fat: 52 grams
5. Fiber: 14 grams
6. Protein: 24 grams
7. SaturatedFat: 16 grams
8. Sodium: 70 milligrams
9. Sugar: 37 grams

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