

Breakfast in Bed

Fruit Parfait

- 1 (8-ounce) container vanilla-flavoured yogurt
 - 1 cup fresh strawberries, finely chopped
 - 1/4 cup granola

Spoon 2 tablespoons of vanilla yogurt into the bottom of a parfait glass or goblet.

Layer 1 to 2 tablespoons of strawberries on top of the yogurt. Then layer 1 to 2 tablespoons of granola on top of the strawberries.

Repeat with all three layers: yogurt, strawberries, and granola.

Top with a whole strawberry.

Maple Granola (8 servings)

- 10 cups rolled oats
 - 1 tsp salt
- 1 and 1/4 cup real maple syrup

Preheat your oven to 350 degrees.

In a large bowl, stir ingredients together until the oats are evenly coated. Spread everything out on a large cookie sheet and bake for 30 minutes, taking it out every five minutes to stir it around.

Store in an airtight container to keep it crunchy.

It's like some kind of fancy maple cookie.