

YOUNG LIVING[®]
ESSENTIAL OILS

CHEF KATE

CULINARY OIL
BRAND AMBASSADOR
& CHEF-TO-THE-STARS



GARY'S TRUE GRIT™ EINKORN GRANOLA PARFAIT

SERVES 4

PREP TIME 15 - 20 minutes

A NOTE FROM CHEF KATE

"This parfait is wonderful with Gary's True Grit™ Einkorn Granola from Young Living. You can also use other seasonal fresh fruit if desired. Serve it as a quick and easy breakfast, healthy snack or as a beautiful light dessert for entertaining. Your family and friends will love it!"

INGREDIENTS

- 2 cups Gary's True Grit™ Einkorn Granola
- 2 cups Plain yoghurt
- ¼ cup Honey or maple syrup, to taste
- 2 drops Young Living Lemon essential oil
- 1½ cups Fresh berries (reserve a few for serving)
- Fresh mint leaves *Optional*



METHOD

1. In a medium bowl, gently mix the yoghurt, honey and Lemon essential oil until well combined. Check for sweetness and add more if needed.
2. Place some of the yoghurt mixture in the bottom of each serving container (for great presentation, use glasses). Add a small layer of Gary's True Grit™ Einkorn Granola followed by a layer of fresh berries.
3. Repeat the layers until all the ingredients have been used, finishing with Gary's True Grit™ Einkorn Granola, a few fresh berries and a mint leaf. Serve immediately or chill until ready to serve.