



MAPLE APPLE AND COCONUT HEMP GRANOLA YOGURT BOWL

Yogurt bowls get a lift with the tender addition of maple apples and the crunch of granola.



PREP TIME
15 minutes



COOK TIME
15 minutes



BAKE TIME
12 minutes



SERVES
12

DIRECTIONS

1. Oat Hemp Granola: Preheat oven to 350°F (180°C). Line a large baking sheet with parchment paper.
2. In a large bowl, combine oats, hemp seeds, coconut and sugar. Drizzle with butter and toss well to coat evenly. Spread evenly onto prepared pan and bake in center of oven for about 12 minutes or until golden and crisp. Let cool completely.
3. Meanwhile, in a large saucepan combine apples, maple syrup and cinnamon over medium heat. Cook about 15 minutes, stirring frequently until apples are tender. Let cool completely.
4. Divide yogurt among serving bowls and top with maple apples and granola. Sprinkle chia seeds over top to serve.

INGREDIENTS

12 apples, cored, peeled and diced
¾ cup (175 mL) maple syrup
2 tbsp (30 mL) ground cinnamon
9 cups (2.125 L) Activia probiotic vanilla yogurt
¾ cup (175 mL) chia seeds

COCONUT HEMP GRANOLA

3 cups (750 mL) large flake oats
1½ cups (375 mL) hemp seeds
¾ cup (175 mL) unsweetened shredded coconut
½ cup (125 mL) cane or light brown sugar
¾ cup (150 mL) butter, melted and cooled

Per serving

(1 bowl or 1/15th recipe/
about 325 g)

560	calories
24 g	fat
11 g	saturated fat
0.4 g	trans fat
75 g	carbohydrates
8 g	fibre
49 g	sugars
16 g	protein
35 mg	cholesterol
150 mg	sodium
500 mg	potassium
300 mg	calcium
3 mg	iron



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