

Breakfast Banana Split with Quinoa-Oat Granola

Ingredients

For the Granola:



2 1/2 tbsp, 1 tsp
apple juice



2 1/2 tbsp, 1 tsp
honey



1/2 tsp
ground cinnamon



3 tsp
canola oil



1 1/2 tsp
kosher salt



1/4 cup, 3 1/2 tsp
light brown sugar



1 tsp
imitation vanilla extract



1/3 cup, 2 1/2 tsp
Dry Quinoa



2 5/8 cup, 1/2 tbsp
Quick Oats



1/4 cup
strawberries,
quartered



1
small banana



1/2 cup
low fat
vanilla yogurt



1/2 cup
Quinoa-Oat
Granola

For the banana split:

Kitchen Tools



measuring cups & spoons



cooking spoon



oven safe pan



medium pot



chef knife

*Note: Please ask adult for assistance

Breakfast Banana Split with Quinoa-Oat Granola

Method

Remember to wash your hands before you begin cooking!



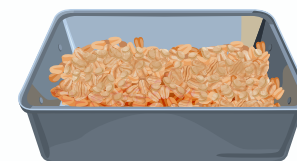
1

Mix the brown sugar, apple juice, honey, cinnamon, vanilla, salt and oil in a pot. Heat over medium heat for 4 minutes. Do not boil.



2

Rinse quinoa. Place oats and quinoa in an oven safe pan. Add brown sugar mixture to the oats. Toss to evenly coat.



350



3

Bake at 350 degrees F for 20 to 30 minutes. Stir the granola every 10 minutes.



4

Peel banana and cut in half length-wise. Wash and dry strawberries and trim into quarters. Place banana halves in a bowl.



5

Put 1/2 cup scoop of yogurt in an even layer on top of the banana halves in the bowl.



6

Sprinkle half a cup of granola evenly over the yogurt. Measure 1/4 cup of cut strawberries and sprinkle over bowl.

Serve and enjoy!