

Jr. Chef Club II
Cooking for a Healthy Digestive Tract
Lesson 4

Skillet Granola

Makes enough for 25–30 parfait samples.

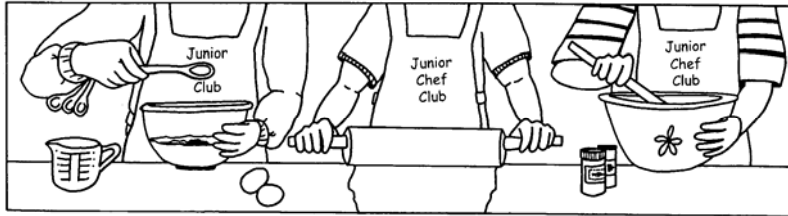
Make batch of granola as a group. Assign 2 students to monitor the skillet and stir the granola while it is browning. The remaining students will work on fruit prep for the parfaits. Have students come back together to assemble parfaits.

Ingredients:

- ¼ cup vegetable oil
- 1/3 cup brown sugar
- 1 tablespoon water
- 4 cups dry, quick-cooking oatmeal
- ½ cup raisins or coconut flakes

Directions:

1. Stir oil, brown sugar, and water together in a large cook skillet.
2. Stir in oatmeal and mix until coated with sugar and oil mixture.
3. Heat over medium heat. Stir until oatmeal is slightly brown. Stir in raisins or coconut if desired.
4. Cool and store in a large jar with tight lid.



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Fruit and Yogurt Parfaits

Makes 1 parfait

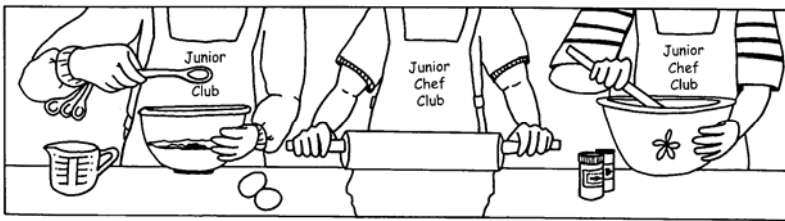
Works best as an assembly line. Give students either a small scoop (about 1/4 cup size) or a large spoon; amounts do not need to be measured precisely. Ideally, use clear plastic 9-ounce tumblers so parfait layers can be seen. These require just one layer of each item.

Ingredients:

- 1/4 cup fruit #1 of your choice
- 1/4 cup fruit #2 of your choice
- 1/4 cup nonfat or low-fat yogurt
- 1/8 cup low-fat skillet granola

Directions:

1. Use any fruit, fresh, canned or frozen.
2. Using a clear glass, layer the ingredients, starting with fruits then yogurt then top with granola. Repeat until glass is full.



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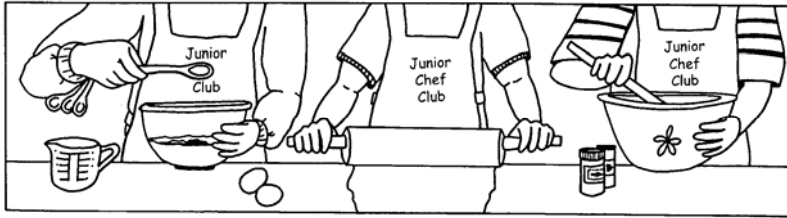
Makes enough for 25–30 parfait samples.

Ingredients:

- ¼ cup vegetable oil
- 1/3 cup brown sugar
- 1 tablespoon water
- 4 cups dry, quick-cooking oatmeal
- ½ cup raisins or coconut flakes

Directions:

1. Stir oil, brown sugar, and water together in a large cook skillet.
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Fruit and Yogurt Parfaits

Makes enough for 25–30 parfait samples.

Ingredients:

- ¼ cup fruit #1 of your choice
- ¼ cup fruit #2 of your choice
- ¼ cup nonfat or low-fat yogurt
- 1/8 cup low-fat skillet granola

Directions:

1. Use any fruit, fresh, canned or frozen.
2. Using a clear glass, layer the ingredients, starting with fruits then yogurt then top with granola. (Put in one layer of each item for these samples - at home you could repeat each layer a second time.)