

apricot + ginger parfait



Q: Is this parfait a dessert or a breakfast? A: Both!

measure+mix

Heat oven to 350. Have kids spray **cooking spray** on a cookie sheet. In a large bowl, mix together **2 cups old fashioned oats**, **1 cup puffed brown rice cereal** (and/or puffed corn, puffed wheat) and **4 Tbsp honey**. Chop up **½ cup a combination of candied ginger, dried papaya & dried cherries** and stir into the cereal mixture.

bake

Spread the cereal mixture onto cookie sheet and bake until golden and toasted about 8 minutes or so. Voilà! You now have homemade (& healthy) granola! FYI: It will keep up to one week in an airtight container.

slice+whisk

As the granola bakes and cools, have kids slice **8 ripe apricots** thinly and add to a medium sized bowl. Toss the apricots with the **juice of ½ a lemon** and **½ tsp fresh grated ginger**. Put **2 cups plain Greek yogurt** (or sub 1 package of silken tofu + ¾ C soy creamer) large bowl and whisk in **1 tsp vanilla** & **3 Tbsp honey** until smooth. Time to make the parfaits! Layer the 3 ingredients: granola, yogurt and apricots in clear glasses (the fancier – the better), in any order your kids choose to. **Garnish with mint sprigs and dig in!**

fun food facts:

- ★ **Apricots** are full of Vitamin A and Beta Carotene (how can you tell? BECAUSE they are orange in color!).
- ★ **Dried apricots** retain many of their nutrients and are a sweet and tasty snack.
- ★ **Apricots** grow on trees and are in peak season in Colorado in June and July.

Where to baby apes sleep? In an apri-cot!

Knock-Knock! Who's there? Apricot. **Apricot who?** Apricot my key, open the door!



Sticky Fingers Coolinary Specialty Camp

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