

Yogurt Parfaits with Fruit Compote: [back to recipe](#)

INGREDIENTS:	DIRECTIONS:
<ul style="list-style-type: none">• 3 c. fresh or frozen fruit of choice• 1/2 c. water• 1/2 t. cinnamon• 2 T. maple syrup or brown sugar• pinch of salt• 2 T. cornstarch or 3 T. chia seeds (to thicken the compote)• Yogurt• Granola	<ul style="list-style-type: none">• In a medium size saucepan, bring fruit, water, cinnamon, syrup and salt to a gentle boil over medium-high heat.• Turn heat down to medium-low and simmer until the fruit is very soft and some of the liquid has evaporated (I usually try to smash down my fruit with the back of a fork during the cooking process).• Once the fruit is very soft, remove from heat and add in cornstarch or chia seeds.• Stir and let cool completely (chia seeds will need at least an hour to fully soften and absorb the liquid.)• Store fruit compote in an airtight container in the refrigerator. It should last 10-14 days.• To make the parfait, layer 2 T. of fruit mixture, 1/3 c. yogurt, and a sprinkle of granola.• Eat and enjoy!