



**Layered White Chocolate Blueberry Dessert & Sweet Spiced Granola**  
*Make an easy dessert by just combining three layers*

*Special **Heart Stars**. – Oats, Cinnamon, and Blueberries*

- 2 (5 ounce) blue berry bilberry yogurt
- 1/2 ounce grated white chocolate
- 1/2 cup quick (1-minute) oats
- 1/2 cup shelled pistachios, coarse chopped
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon sea salt as desired
- 1 Tablespoon olive oil
- 1-1/2 Tablespoons maple syrup

1 cup fresh blueberries

Garnish: maple syrup; mint leaves; grated lemon rind as desired

In medium sized bowl, combine yogurt and white chocolate; set aside to chill in the refrigerator.

Preheat oven to 300 degrees F. Line a rimmed baking pan with parchment paper; set aside.

In medium bowl, stir together oats, pistachios, cinnamon, nutmeg, and salt. In another small bowl; combine oil and maple syrup. Stir into oat mixture to combine. Evenly place oat mixture over parchment in baking pan. Bake in preheated 300-degree F oven for 15 minutes.

Remove from oven; stir oat mixture; return to oven; continue baking for 10 minutes or golden brown. Remove from oven; cool completely.

**To Serve:** Layer about 1/3 cup yogurt in fancy (1 cup) glasses; sprinkle about 1/3 cup cooled granola over yogurt; top with about 1/3 fresh blueberries; garnish with drizzles of maple syrup, mint leaves or grated lemon rind as desired. Yield: about 3 desserts

To create more desserts: Use smaller glasses and smaller layers of ingredients.

**Cook's Note:** Prepare the layers ahead of time. Mix up and chill the yogurt. Also prepare the granola and set aside until ready to make the desserts. I used Icelandic Provisions blueberry Yogurt, but you can also use different flavors. I like the antioxidants of blueberries and bilberries. Walnuts would be another healthy nut to use as a substitute. If your nuts are salted, omit additional salt in the recipe.

**About the Recipe:** This is an easy recipe to prepare and you can substitute ingredients easily, using different flavors and fruits. It's filled with delicious healthy ingredients and antioxidants. Enjoy a healthy dessert!