

Campers' Cooking Corner

a special feature by our Chef de Campsine Meryl Cooking



Fruity Yogurt Crunch

Week 7

For this tasty treat, we made our own granola and experimented with combining fruit flavors. YUMMY!

Ingredients:

2/3 cup whole oats

A bit of butter

2-3 Tablespoons Maple syrup

Vanilla yogurt

Assorted fruit preserves (strawberry, raspberry, blackberry, peach, apricot, etc.) OR use fresh fruit

Orange juice

- In a skillet, on medium heat, melt the butter. Toast the oats for 2-3 minutes.
- Add the maple syrup, stirring the oats so the syrup does not burn. When everything is incorporated, turn off the heat and let the granola cool.
- Meanwhile, experiment with combining different fruit flavors such as strawberry and peach. Add a few drops of OJ to add another flavor if you'd like.
- In a glass or cup, layer in the following order: granola, yogurt, and fruit. Repeat the layers again.
- ENJOY!



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