Yogurt and Berries Granola Cups

Cook Time: 0 min Ingredients:

prep Time: 0 min

total Time: 0 min

servings: 0

Granola Cups:

- 1 1/2 cups rolled oats
- 1/2 cup oat flour
- 1/4 cup raw almonds, chopped
- 2 tbsp shredded coconut
- 1 tbsp cocoa nibs (optional)
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 2 tbsp coconut oil
- 3 tbsp almond butter (or peanut butter)
- 3 tbsp honey or maple syrup
- 1 tsp vanilla

Filling:

- Greek yogurt
- honey
- vanilla
- berries

Instructions:

To make the granola cups:

- 1. Grease the wells in the muffin tray very well with coconut oil or cooking spray.
- 2. To make the granola cups, in a medium bowl mix together the oats, almonds, coconut, and nibs. In a small saucepan over low heat, mix the oil, almond butter, honey and vanilla until all melted and smooth.
- 3. Add the wet mix to the oat mixture, and mix well. If you feel the mixture is too dry add a little bit more oil or honey.
- 4. Divide the mix equally into the wells to make 8 cups. Press firmly down against the bottom and up the sides to make a cup shape. Place the pan in the fridge until the granola is firm, about 45mins to an hour.
- 5. Pre-heat the oven to 350F or 160C. Take the muffin tray out of the fridge and place on baking sheet. Bake in the oven for approximately 20-25 mins until golden in color and feels firm. Cool completely before popping out of the pan.

To assemble the cups:

- 6. When you plan to eat the granola cups, mix a little of honey with the yogurt to the desired sweetness (not too much as the granola cups are already sweet) and add vanilla if you wish. Spoon about 3 tablespoons into each cup, and top with berries.
- 7. Eat as soon as possible as the granola will get soggy.