
Acai Granola Cups

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

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
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 2 tbsp coconut oil
- 3 tbsp almond butter
- 3 tbsp honey or maple syrup
- 1 tsp vanilla

Acai Cashew Filling:

- 1/2 cup raw cashews
- 1/4 cup coconut oil
- 3/4 to 1 cup coconut milk
- 1 tbsp acai powder
- 2-3 tbsp honey
- 1 tsp vanilla
- 1/2 cup ripe banana
- 1/2 cup raspberries

Toppings:

- coconut flakes, cocoa nibs, bee pollen, fresh mint

Instructions:

1. Start by soaking the cashews in filtered water for at least 3 hours.

To make the granola cups:

2. Grease the wells in the muffin tray very well with coconut oil or cooking spray.
 3. 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.
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4. Add the wet mix to the oat mixture, and mix well.
 5. 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.
 6. 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 make the Acai filling:

7. Drain the cashews and add to the blender with the coconut oil. Blend for a few seconds.
8. In a small bowl mix the acai powder into the coconut milk. Add into the blender and blend well.
9. Add the remaining ingredients and blend until smooth. Start by adding 3/4 cup of milk and increase if the mix seems to thick. Also add 2 tablespoons of honey at first and taste. If it is not sweet enough for you, add an additional tablespoon.
10. Divide equally between the muffin cups. Add your desired toppings.
11. Enjoy straight away or store in the fridge for later.