
Yogurt and Berries 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 (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.
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