

GRANOLA FRUIT CUPS

Prep Time: 20 Minutes

Makes: 12 Cups

THE INGREDIENTS:

Granola:

- 1½ CUPS Oats
- 1/8 TSP Salt
- ¼ TSP Cinnamon
- 2 TBSP Honey
- 2 TBSP Coconut Oil, melted
- 1 large Egg White
- 1 TSP Vanilla Extract
- 1/8 Nutmeg

Filling:

- ½ CUP Greek Yogurt
(flavor of choice)
- Fresh Fruit

COOKING STEPS:

1. Preheat oven to 325°F. Spray muffin pan with cooking spray.
2. In mixing bowl combine the oats, salt, nutmeg, cinnamon, maple syrup, coconut oil, and egg white.
3. Place spoonful of mixture in muffin tin. Using the back of a spoon, press the mixture to the bottom of the tin and up the sides, creating a crater in the center.
4. Bake for 15-17 minutes until the oats turn golden.
5. Remove from the oven and let cool before removing granola cups from muffin tin. You can run a knife along the edges of the granola cups to loosen and twist the granola cups as you pull them up to help them come out whole.
6. Fill with yogurt and fruits of choice.
7. Serve immediately