

GRANOLA CUPS

INGREDIENTS

300g Quick Oats

4 tablespoons unsweetened Applesauce

1 teaspoon Vanilla Extract

100g Coconut Oil (melted)

1 teaspoon ground Cinnamon

FILLING

Coconut yogurt

TOPPING

Kiwi chunks

Blackberries

Strawberries

INSTRUCTIONS

Preheat your oven to 350° F. Combine the oats with cinnamon, add the unsweetened applesauce and coconut oil with vanilla extract and mix until combined and smooth.

Grease a 12 cups muffin pan lightly with butter, scoop dough into muffin tins and press down to form cups.

Bake in a preheated oven for 14 minutes or until golden brown. Allow to cool completely at room temperature. Fill the granola cups with coconut yogurt and top with fruits.

Enjoy your delicious granola cups for breakfast.

NOTE

You can store your granola cups without filling for about 3 days or more at room temperature.

I made these yummy cups without added sugar and the taste is perfect but you can also add some tablespoons of coconut sugar or maple syrup.