

Baked Granola Cups with Yogurt and Berries

A healthy, convenient way to start your day.



INGREDIENTS:

- 1 1/2 cup rolled oats
- 1/4 cup chopped walnuts, toasted
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 3 tablespoons honey
- 2 tablespoons peanut butter
- 1 egg white
- 2 cups Greek yogurt
- 2 cups berries (blueberries, strawberries, raspberries)
- cooking spray

DIRECTIONS:

1. Preheat oven to 325°F.
2. In a large bowl, combine oats, walnuts, cinnamon and salt.
3. In a separate microwave-safe bowl, combine honey and peanut butter. Microwave for 20-30 seconds, stir until mixture is smooth.
4. Add honey and peanut butter mixture to oat mixture, stirring to combine.
5. Spray muffin tin with cooking spray or use parchment paper to prevent sticking.
6. Divide oat mixture into the muffin cups, pressing into bottom and up the sides.
7. Bake for about 15 minutes or until browned.
8. Let cool in pan before handling.
9. Using a spatula or butter knife, gently loosen granola cups from muffin tin.
10. Fill each cup with 1/4 cup of yogurt and top with 1/4 cup of berries.

Source: cookinglight.com, justataste.com



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