

Granola Cups with Greek Yogurt and Fresh Berries

Yield: 12 servings

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap yogurt for a dairy-free alternative

To make it low-FODMAP, swap honey for maple syrup

Ingredients

Cooking spray

½ cup ripe banana, mashed

½ cup honey

1 tsp almond extract

2 cups gluten-free rolled oats

½ cup pecans, finely chopped

½ tsp cinnamon, ground

½ tsp salt, kosher

2 cups Greek yogurt, plain

2 cups fresh berries (blueberries, raspberries, and sliced strawberries)

½ cup unsweetened coconut flakes, finely shredded

Directions

1. Preheat oven to 350°F.
2. Spray 12 muffin cups with cooking spray.
3. Mash banana (½ cup), honey (½ cup), and almond extract (1 tsp) together in a bowl until smooth.
4. Stir oats (2 cups), pecans (½ cup), cinnamon (½ tsp), and salt (½ tsp) together in another bowl.
5. Stir oat mixture into banana mixture until evenly mixed.
6. Press mixture into the base and up the sides of the prepared muffin cups.
7. Bake in the preheated oven for 10–12 minutes until set and fragrant.
8. Press sides of granola cup into the muffin cup again with a spoon.
9. Let cool for 10 minutes before removing from muffin cups.
10. Fill each cooled cup with a scoop of Greek yogurt. Serve topped with berries and coconut.



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Nutrition Facts

Serving size 1 (4.1 oz)

Amount Per Serving **116 g**

Calories **239**

% Daily Value

Total Fat 7.3g **11%**

Saturated Fat 1.9g **10%**

Cholesterol 2mg **1%**

Sodium 122mg **5%**

Total Carbohydrate 36g **12%**

Dietary Fiber 4g **18%**

Sugars 17g

Protein 9g **18%**

Vitamin A **0%**

Vitamin C **14%**

Calcium **7%**

Iron **9%**