



# Granola Cups with Yogurt and Fruit

12 Servings • 1 Serving = 1 Granola Cup

Adapted from Dairy Amazing Cookbook

## INGREDIENTS

- Cooking spray, as needed
- 1 ½ cup plain nonfat Greek yogurt, divided
- 1 ½ Tablespoons unsalted butter, melted
- ½ cup honey
- 1 egg
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- Pinch of salt
- 2 cups old-fashioned oats
- ½ cup dried coconut, shredded
- ½ cup almonds, sliced
- 1 cup strawberries, raspberries, and blueberries

## DIRECTIONS

1. Preheat the oven to 325°F. Grease a 12-cup muffin tin with cooking spray and set aside.
2. In a medium bowl, whisk 1/3 cup yogurt with the butter, honey, egg, vanilla, cinnamon, and salt. Stir in the oats, coconut, and almonds.
3. Divide the granola mixture into the muffin cups.
4. Use the back of a spoon to push the granola mixture down and up the sides to fit the shape of a cup. Spray again as needed to keep the granola from sticking to the spoon.
5. Bake the cups in the center rack of the oven for 20-30 minutes until they are golden brown. Time can vary with different ovens.
6. Remove and cool for 10-15 minutes on a wire rack.
7. Fill cups with a dollop of the remaining yogurt and top with mixed fruit.

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1 granola cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 14g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 6g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 58mg	<b>4%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 154mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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