

Breakfast Granola Cups

Course: **Snacks, Breakfast**

Servings	Prep time	Cooking time	Total time
6 servings	10 minutes	12 minutes	22 minutes

Ingredients

For the Granola Cups:

- 2 cups (180g) oats
- ¼ cup (60ml) maple syrup
- ⅓ cup (85g) peanut butter

For the Filling and Toppings:

- ½ cup (120g), diced fruits (e.g., strawberries, blueberries, kiwi, or bananas)
- 1 cup (240ml) yogurt, any type or flavor
- Coloring Options (optional): 1 teaspoon spirulina powder, cacao powder, or fruit powder

Directions

Prepare the Granola Cups:

- 1 Preheat Oven:** Set your oven to 350°F (175°C) and lightly grease a muffin tin.
- 2 Mix Ingredients:** In a bowl, combine oats, peanut butter, and maple syrup until evenly coated.
- 3 Shape the Cups:** Divide the mixture into the muffin tin, pressing it firmly against the sides and bottom to form a cup shape.
- 4 Bake:** Bake for 10-12 minutes, or until the edges are golden brown. Allow them to cool completely before removing from the tin.

Assemble the Cups:

- 5 Add Yogurt:** Spoon yogurt into the granola cups. Mix in spirulina, cacao, or fruit powders for added color if desired.
- 6 Top with Fruits:** Add your favorite diced fruits for a fresh and colorful finish.