

Blueberry Granola Cups

Servings: 4

Prep Time: 20 minutes

Cook Time: 15 minutes



INGREDIENTS

- 1 1/2 cups large-flake (old-fashioned) rolled oats
- 1/2 cup finely chopped walnuts
- 1/3 cup almond butter
- 1/4 cup honey
- 2 tablespoons olive oil
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 egg whites
- 1 cup plain Greek yogurt
- 1 cup blueberries

INSTRUCTIONS

- 1 Preheat oven to 350°F. In a large bowl, stir together oats and walnuts.
- 2 In a small saucepan set over medium heat, add almond butter, honey, oil, vanilla, cinnamon and salt. Cook, stirring occasionally, for 3 to 4 minutes or until melted and smooth. Pour over oats mixture and toss to combine. Stir in egg whites until well coated.
- 3 Divide mixture evenly among 8 greased muffin cups; press evenly into bottom and sides to form cups.
- 4 Bake for 10 to 14 minutes or until golden and set. Let cool completely in muffin pan.
- 5 Remove cups from muffin pan. Divide yogurt and blueberries among cups just before serving.

Recipe Tip

- Store hollow oats cups in an airtight container in the refrigerator for up to 4 days. Fill with yogurt and blueberries just before serving.

Variations

- Substitute walnuts with finely chopped pecans, almonds or pistachios if desired.

Grab a
boost of
blue

