



# ON THE GO YOGURT GRANOLA CUPS

GREAT ADDITION TO YOUR DAILY  
SNACK IN BETWEEN PRACTICE OR  
LATE NIGHT TREAT.

## INGREDIENTS

- 1 banana
- 1 ½ cups rolled oats
- ¼ cup honey
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- salt, to taste

**Add your favorite topping!**

- greek yogurt
- strawberries
- blueberries
- mangos
- bananas
- kiwi
- dark chocolate chips

**PREP TIME: 10 MINUTES**  
**CHILL/COOK TIME: 1.5 HOURS**  
**TOTAL TIME: 1HR 40MINS**

## DIRECTIONS

1. *Mash banana in a large bowl and then add in the oats, honey, vanilla, cinnamon, and a pinch of salt.*
2. *Fill a greased muffin tin with the granola mixture and use a spoon to form the crust.*
3. *Let chill for 1 hour in fridge.*
4. *Preheat oven to 350 °F and bake for 30 minutes. Let cool.*
5. *Add in Greek yogurt to each cup and fill with toppings.*

## Key Components

- *Oats- great source of fiber, which will help to keep you satiated.*
- *Greek Yogurt- contains both protein and calcium to support muscle and bone health.*
- *Fruit-great source of antioxidants*

*Try to grab some fruit from the dining halls to try the recipe!*

*Recipe & Photo; Tasty.Com*  
<https://tasty.ca/recipe/yogurt-granola-cups>