ON THE GO YOGURT GRANOLA CUPS
GREAT ADDITION TO YOUR DAILY SNACK IN BETWEEN PRACTICE OR LATE NIGHT TREAT.

INGREDIENTS
- 1 banana
- 1 1/2 cups rolled oats
- 3/4 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

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!

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

Recipe & Photo: Tasty Corn
https://tasty.co/recipe/yogurt-granola-cups