

Granola Cups

4 Tbsp Butter
1/4 Cup Honey
1/4 Cup Molasses
2 Tbsp Brown Sugar
1 tsp Cinnamon
1/2 tsp Ginger
1/4 tsp Cloves
1/4 tsp Salt
1 tsp Vanilla
2 Cups Old Fashioned Oats (Not Quick Cook)
1/2 Cup Wheat Germ
1/4 Cup Flax Seed
1/4 Cup Sliced Almonds
1/4 Cup Dried Cranberries



- ✚ To a small sauce pan, add the butter, honey, molasses, brown sugar, cinnamon, ginger, cloves and salt
- ✚ Heat until butter is melted and ingredients are combined. Remove from heat and stir in the vanilla
- ✚ In a separate bowl mix together the oats, wheat germ, flax seed, almonds and cranberries
- ✚ Pour the liquid over the dry ingredients and stir until completely coated
- ✚ Cool the mixture, so it's easy to form the cups
- ✚ When ready to bake, grease up a muffin tin and fill each opening about 2/3 full
- ✚ Using your fingers press into the center of the hole and then work your way around the edges to form a bowl. If the dough is sticky, wet your fingers with cold water, shake them out, and proceed. Repeat as necessary
- ✚ Place the bowls into an oven preheated to 325 degrees. For regular sized muffin cups, cook about 15-17 minutes. For mini muffin cups, cook about 10-12 minutes
- ✚ Let cool completely before removing from the tin
- ✚ Store in an air tight container. When ready to eat, pull one out and fill with the yogurt of your choice. Top with fresh berries