

University Bariatric Center *Presents*

Healthy Living in the Kitchen

Granola Parfait Cups

Ingredients

Nonstick cooking spray, for spraying the muffin tin

1 ½ cups old-fashioned rolled oats

½ cup pecans, coarsely chopped

½ cup hulled raw sunflower seeds

2 T honey

1 T extra-virgin olive oil (EVOO)

2 T maple syrup

Kosher salt

Greek Yogurt

Assorted fruit (such as blueberries, or other types of berries)



Directions

- Preheat the oven to 350°. Spray the wells of a 12-cup shallow muffin tin with nonstick spray.
- In a large bowl, stir the oats, pecans, sunflower seeds, honey, EVOO, and maple syrup and a pinch of salt until completely combined. Press 2 heaping tablespoons in each well of the prepared muffin tin, pressing to go up the sides. Bake until golden and crisp, 15-18 minutes. Let cool completely, then remove the granola cups from the muffin tin.
- Fill each granola cup with about 2 tablespoons yogurt and top with the blueberries. Garnish with a sprig of mint if desired.
- Can be stored in an airtight container up to one week.

Recipe Courtesy of Food Network

University Bariatric Center's Healthy Living Program
1934 Alcoa Hwy, Suite D285
Knoxville, TN 37920
865-305-9355