



Paleo Granola coco cups

4 servings

40 minutes

Ingredients

1/2 cup Slivered Almonds
1/2 cup Sunflower Seeds
1/4 cup Pumpkin Seeds
1/2 cup Unsweetened Coconut Flakes
1 tbsp Coconut Oil (melted)
2 tbsps Maple Syrup
2 tbsps Chia Seeds
2 tps Cinnamon
2 tps Vanilla Extract
1 cup Unsweetened Coconut Yogurt
1 cup Strawberries

Directions

- 1 Preheat the oven to 180°C. Line a large baking sheet with baking paper.
- 2 Combine all ingredients except coconut yoghurt together in a large mixing bowl. Mix very well until all ingredients are evenly distributed. Using your hands works best! Spread the mixture evenly across the baking sheet.
- 3 Bake for 30 minutes, giving a stir at the 15 minute mark.
- 4 Remove from oven and let cool completely. Once cool, transfer into an air tight container.
- 5 Add to a bowl, layer with coconut yogurt and fresh strawberries for a quick and easy breakfast. Enjoy!