

Granola Cups



Ingredients:

3/4 cup	Mashed bananas (about 2 bananas)
1/4 cup	Peanut butter
1/2 cup	Dates, softened
1-1/2 cups	Oats (I used Quaker Quick Oats)
1 cup	Coconut, shredded
1/2 cup	Walnuts, chopped
1/2 teaspoon	Cinnamon
1/2 teaspoon	Nutmeg

Directions:

Preheat oven to 300 degrees. Spray mini muffin pan with cooking spray.

Mash bananas and dates or combine in a food processor. (Dates need to be softened).

Combine all ingredients in medium bowl until well mixed. Scoop and press mixture into mini-muffin pan, pressing against the sides to form a hollow in the center and the sides should be a bit thick. Bake for about 20-25 minutes or until edges are golden brown. Remove from oven and cool.

Store the granola cups in the refrigerator until ready to serve. Fill with any flavor yogurt and top with Peace Jams Strawberry Mango or Blueberry Strawberry Jam or your favorite!

