

Yummy Yoghurt & Granola Cups

Serves: 18
Prep: 15 mins
Cook: 20 mins



Dietary: VEG, EF, NF
Age group: 12 months+
Mealtime: Graduation Menu
Difficulty level: Beginner



MindChamps[®]
early learning & preschool

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Vegetarian



Nut Free



Egg Free

Ingredients

GRANOLA

- 3 cups (320g) wholegrain rolled oats
- 1 cup (150g) pumpkin seeds, crushed
- 4 Medjool dates, pitted and chopped
- ½ cup (80g) chia seeds
- 2 tsp (10ml) vanilla extract
- ¼ cup (60ml) maple syrup
- ⅓ cup (80ml) coconut oil, melted

TOPPINGS

- 2160g natural yoghurt, unsweetened
- 400g berries of choice, rinsed

Method

1. To make the granola, preheat oven to 180°C and line 2 baking trays with baking paper.
2. In a large bowl, combine all ingredients and stir through until all oats are coated with maple oil mixture.
3. Spread mixture onto the baking trays and bake in the oven for 20 mins, stirring occasionally, until golden.
4. Allow to cool completely.
5. To serve, place a layer of yoghurt in a cup, then top with a layer of granola and another layer of yoghurt.
6. Top each cup with berries of choice.

Storing leftovers: Store granola in a glass jar or airtight container in a cool, dry spot for up to 1 month or freeze in an airtight container for up to 6 months.

Tips

✓ Allergies:

- For a gluten-free version: Swap oats with quinoa flakes.
- For a dairy-free version: Swap natural yoghurt for soy or coconut yoghurt.

✓ Easy ingredient swaps:

- Swap maple syrup with honey.
- Swap coconut oil with extra virgin olive oil.
- Swap fresh berries for berry chia-jam.
- Swap Medjool dates for dried fruit of choice.
- Swap pumpkin seeds for seeds or nuts of choice.