

MORNINGS MADE EASY

Serves: 6 • Serving size: 1

10
minutes

PREP TIME: 10 minutes

Granola CUPS

- 1 cup granola
- 3 tbsp. nuts of choice
- 1½ tbsp. butter
- 1 tbsp. honey
- 1 tbsp. brown sugar

1. Place granola and nuts in base of Power Chef® System fitted with blade attachment. Replace cover and pull cord until roughly chopped. Transfer to bowl and set aside.
2. In 2-cup/500 mL Micro Pitcher, place remaining ingredients and microwave for 45 seconds. Pour mixture over granola and stir to combine.
3. Distribute mixture amongst each Silicone Muffin Form and press down to form a cavity in center of each granola cup.
4. Freeze for 2 hours or until solid. Serve with ½-cup Greek yogurt and your choice of fruit.

Nutritional Information (per serving):

Calories: 110 Total Fat: 6g Saturated Fat: 2g Cholesterol: 5mg Sodium: 5mg
Carbohydrate: 12g Fiber: 1g Sugar: 7g Protein: 2g Vitamin D: 0% Calcium: 2% Iron: 2%
Potassium: 2%



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Tupperware®

TO DEMO



Power Chef® System



Silicone Muffin Form

OPTIONAL



Silicone
Spatula



Measuring
Spoons



Measuring
Cups



Thatsa® Bowl



Micro Pitchers