

Long Livo

Frozen Yogurt Granola Cups

15 min Prep time	**15 min** Total time	**8** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Granola Cups

- [ ] 2 cups rolled oats
- [ ] 1/4 cup honey or maple syrup
- [ ] 2 tbsp melted coconut oil
- [ ] Pinch of sea salt

Yogurt Filling

- [ ] 2 cups frozen vanilla yogurt
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp honey (optional)
- [ ] 1/4 cup chopped mixed nuts or seeds

Instructions

1. Preheat your oven to 350°F (180°C). In a bowl, combine oats, honey, melted coconut oil, and sea salt; stir until evenly coated.
2. Spread the oat mixture onto a baking sheet and toast for 8-10 minutes, stirring halfway, until golden and fragrant.
3. Allow the toasted oats to cool slightly, then press them firmly into silicone mini-muffin cups, shaping each into a sturdy shell.
4. While the shells set, let the frozen yogurt sit at room temperature for 5-7 minutes to soften, then fold in lemon zest and honey if using.
5. Spoon the softened yogurt into each oat cup, smoothing the top with the back of a spoon.
6. Top each cup with chopped nuts, a drizzle of honey, and, if desired, a few dark chocolate chips.
7. Place the finished cups in the freezer for 10-15 minutes to set, then serve chilled.

Nutrition per serving

180 kcal	5 g	25 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, sprinkle a tiny pinch of sea salt on the tops before freezing.
- If you prefer a fruitier filling, swirl in fresh berry puree after the yogurt softens.
- These cups can be made ahead and stored in the freezer; just let them sit 5 minutes before eating for optimal texture.