



Blood Orange Granola Cups

By Chef Veera Gaul, Ph.D.



Ingredients

¼ cup O&V [Blood Orange oil](#) *
¼ cup Runamok Maple Syrup or honey *
1 cup old fashioned oats
1/3 cup sliced almonds
1/3 cup unsweetened shredded coconut
¼ all-purpose flour
2 pinches kosher salt

Optional Topping

½ cup Greek yogurt (plain or vanilla)
1 teaspoon Melipone Vanilla *
2 teaspoons Runamok Maple syrup or honey *
Fruit such as raspberries, blueberries, blackberries or sliced strawberries

Special Equipment

12 silicone baking cups *

Preparation

Place a rack in the middle of your oven and preheat to 350F.

Stir oil and maple syrup in a medium size mixing bowl to combine. Add the oats, almonds, shredded coconut, flour and salt. Stir until the mixture comes together in loose clumps.

Place the silicone muffin cups on a baking tray or inside the cups of a muffin pan. Divide the granola mix between the 12 silicone cups pressing down slightly in the center of each so that the granola comes up the sides a little to form a bowl shape (you can use a shot glass or small measuring cup to press down on the centers).

Bake until the tops and edges look golden brown, about 18-22 minutes. Remove from the oven and let cool 30 minutes. Remove from the silicone baking cups. These are a great on-the-go breakfast or snack

Optional Topping

In a bowl, mix together the yogurt, vanilla and maple syrup/honey till beaten well and combined.

Top each granola cup with a dollop of flavored yogurt and garnish with berries of choice.

Alternatives

You can also bake these in mini muffin size by using smaller silicone cups. Bake for 15-20 minutes

No silicone cups: Line a large rimmed baking sheet with parchment paper. Spread the granola on the parchment sheet and pack down a little. Bake for 18-22 minutes till golden brown. Remove from the oven and cut into squares while warm. Then let it cool completely. Serve topped with yogurt and berries, on its own or crumbled over a yogurt parfait.

Serves 12

Active Time: 10 minutes Total Time: 30 minutes

Notes

* The [Blood Orange oil](#) adds the twist and unique flavor, you can substitute with a plain Extra Virgin Olive oil if you prefer.

* The Runamok Maple syrup and Melipone Vanilla can be found at most [Oil & Vinegar](#) stores in the USA. You will appreciate the quality and taste it adds to this recipe.

* The silicone baking cups are a necessary part of this recipe if you want to make granola cups. The silicone baking cups allow you to release the granola easily. If you do not have silicone cups, I recommend making these on a baking sheet with parchment paper.

Categories: Dessert, Breakfast & Brunch, Snacks & Sides, Vegetarian, Vegan, Dairy Free Option, Home-Made, Granola, Blood Orange Oil, Maple Syrup, On The Go, Healthy Snack, Mediterranean Diet, Granola Cups, Silicone Baking Cups, Runamok, Melipone Vanilla