

Autumn Granola

My new favourite Autumn Breakfast:
Vanilla protein yogurt topped with my
nutty sweet granola and baked apples



Serves 4

Nutrition Per Serving:

452Kcal 55.4Carbs 29.4 Protein

Granola

120g Porridge Oats

20g Spreadable Butter

25g Maple Syrup

45g Demerara Sugar

1-2tsp Cinnamon to taste

20g 3 Seed Mix

10g Almond Butter

Yogurt

(per Serve)

120g Fat Free

Greek Yogurt

20g Vanilla Whey

Protein Powder

Baked Apples

2 Large Apples

1-2 tsp Cinnamon to taste

10g Demerara Sugar

20g Spreadable Butter

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Method

Preheat your oven to 180 degrees and chop your apples before putting in an oven dish with the butter, cinnamon and demerara sugar.

Once coated, bake in the oven for 20 minutes

Meanwhile, Warm up your porridge oats and seed mix in a pan on a medium heat until you can smell them toasting, before removing and setting aside

Add the butter to the pan, melt and then add in the maple syrup, cinnamon and almond butter, stirring until melted

Add the oats and seeds back in, mixing until well coated

Remove the granola and spread in a clean oven dish or on a sheet of baking paper

Leave for 20 minutes until cooled

To Serve:

Mix your yogurt and Vanilla Protein Powder

Top with your portion of granola and warm apples

store the remaining granola in an airtight glass jar or container

The apples can be stored in an airtight container and reheated when needed

Enjoy!

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