

Blueberry Buckle Granola



Here's a delicious yet sensible dessert recipe that contains the healthy fiber of oats, the antioxidant properties of blueberries, and the crunchy goodness of almonds...plus this blueberry buckle tastes great!

Total Time: 25 min.

Prep Time: 5 min.

Cooking Time: 20 min.

Yield: 2 servings, about ½ cup each

Ingredients:

¾ cup steel-cut oats
1/3 cup fresh blueberries
2 Tbsp. slivered raw almonds
½ tsp. ground cinnamon
1 Tbsp. water
2 tsp. pure maple syrup
1 tsp. coconut oil, melted
1 tsp. vanilla extract

Preparation:

1. Preheat oven to 350° F.
2. Combine all ingredients in a glass baking dish.
3. Bake for 20 minutes, stirring twice during baking.

Nutrition Facts

Amount Per Serving	
Calories	323
Total Fat	10 g
Saturated Fat	3 g
Cholesterol	0 mg
Sodium	2 mg
Total Carbohydrate	51 g
Dietary Fiber	8 g
Sugars	9 g
Protein	9 g

Portions (per serving)

P90X® + P90X2®		
1 Carb/Grain	½ Fat	1 Condiment
P90X3®		
3 Carbs	2 Fats	
Body Beast®		
2 Starches	1 Fruit	2 Fats
21 Day Fix®		
2 Yellow	½ Purple	1 Blue/Orange