

Ingredients

Granola cups:

- 1 1/2 cups (170 g) **granola**
- 1/2 cup (70 g) **sunflower seeds** chopped (see recipe notes)
- 2 tbsp (40 g) **agave syrup** (or maple syrup)
- 2 heaped tbsp (50 g) **sunflower seed butter** (see recipe notes)
- Pinch of **salt**

Filling:

- 1/4 cup (60 g) **sunflower seed butter** (melted)

Topping:

- 1/2 cup dairy-free (90 g) **chocolate chips** (or dark chocolate, chopped)

Instructions

1. I recommend using a kitchen scale for this recipe. You can easily switch between **US** and **metric measurements** underneath the ingredient list. Check the video below for easy visual instructions.
2. Combine all ingredients for the granola cups in a mixing bowl and mix well with either a spoon or your hands. The mixture should stick together when you press it between your fingers. If it's not very sticky add a little bit more liquid sweetener.
3. Grease a cupcake pan or use a silicone mold. This recipe yields 6-8 cups, depending on the size of your cupcake pan.
4. With the back of a tablespoon, press the mixture firmly into the cupcake pan and make a dent in the middle of each cup.
5. Put a heaped tsp of sunflower seed butter into the center of each granola cup. Freeze until firm, about 60 minutes.
6. Melt dairy-free chocolate chips in a water bath (simply put the chocolate chips in a small bowl and place it over hot water). You can accelerate the melting process by adding 1-2 tsp of coconut oil.
7. Once the chocolate is melted pour it on top of the sunflower seed butter of each granola cup. It will harden quickly because the sunflower seed butter is cold.
8. Store in the fridge. You can also freeze these breakfast granola cups in zip-lock bags! Enjoy!



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