



# Good Morning Granola Cups Remix



Our mayos carry an endorsement from the Heart and Stroke Foundation of South Africa.

Here's why this is an ingredient for better living:



## For the base:

- + 2 ripe bananas, mashed
- + 50 grams honey or syrup
- + Pinch of salt
- + 1 teaspoon almond or vanilla essence
- + 125 grams rolled oats
- + 1 teaspoon cinnamon
- + B-well Canola Baking Spray

## For the filling:

- + Peanut butter
- + ½ cup plain yoghurt
- + 1 tablespoon B-well Thick & Creamy Mayonnaise
- + Sliced fresh fruit of choice, such as blueberries, strawberries or kiwis

## Instructions:

1. Preheat the oven to 180°C. Mash the bananas in a bowl until smooth. Add the honey or syrup, a pinch of salt, and the chosen essence. Mix thoroughly.
2. In another bowl, combine the oats and cinnamon. Add the banana mixture and mix until well coated.
3. Line a muffin tin with baking spray. Use your fingers to press and line the walls of each muffin holder with the mixture.
4. Bake in the oven for 15-20 minutes until golden brown. Remove and let them cool.
5. Spread peanut butter into each cup.
6. In a separate bowl, mix the yoghurt with mayonnaise. Top the cups with this mixture.
7. Add sliced fresh fruit on top.

Bringing together B-well Thick & Creamy Mayonnaise with yoghurt in these granola cups creates a **nutrient-rich mix**. Combined with oats, it forms a nutritious blend, delivering essential **nutrients, vitamins, and beneficial fatty acids**. It's a wholesome, delicious snack for kids!

