

Healthy Coconut Oil Granola with Added Fiber & Yogurt

Serves: 15 $\frac{1}{3}$ (Granola) | Prep Time: 10 min | Cook Time: 25–30 min | Total Time: 35–40 min

This Coconut Oil Granola with Added Fiber is a wholesome, crave-worthy blend perfect for breakfast or snacking. Rolled oats, crunchy nuts, and hearty seeds are naturally sweetened with honey and allulose, while coconut oil gives every bite a rich, toasty crunch. Dried fruit adds bursts of sweetness, and dark chocolate chips bring just the right touch of indulgence. Packed with protein, fiber, and heart-healthy fats, it's delicious over Greek yogurt, sprinkled on smoothie bowls, or enjoyed straight from the jar.



Recipe:**Ingredients:****Granola:**

3 cups old-fashioned rolled oats
1 cup nuts (almonds, walnuts, pecans), roughly chopped
½ cup seeds (pumpkin, sunflower, or chia)
½ cup unsweetened shredded coconut
½ cup dried fruit (raisins, cranberries, or chopped apricots)
2 tbsp Just Better Fiber
¼ cup allulose
¼ cup coconut oil, melted
¼ cup honey
1 tsp vanilla extract
1 tsp cinnamon
¼ tsp salt

To Serve (per portion):

½ cup plain Greek yogurt

Directions:

Preheat Oven: Heat oven to 325°F (160°C). Line a large baking sheet with parchment paper.

Mix Dry Ingredients: In a large bowl, combine oats, nuts, seeds, coconut, dried fruit, Just Better Fiber, and allulose.

Mix Wet Ingredients: In a separate bowl, whisk together coconut oil, honey, vanilla, cinnamon, and salt.

Combine: Pour wet mixture over dry mixture. Stir well to coat evenly.

Bake: Spread in an even layer on the baking sheet. Bake for 25–30 minutes, stirring every 10 minutes for even browning.

Cool & Store: Remove from oven and let cool completely (it will crisp up as it cools). Store in an airtight container for up to 2 weeks.

Serve: Scoop ½ cup granola into a bowl and top with ½ cup Greek yogurt.

Protein Flip™ Note

Pairing the fiber-rich granola with Greek yogurt creates a complete Protein Flip meal — reducing reliance on animal protein while still delivering a high-protein,

high-fiber start to the day.