

Breakfast Fruit Tart with Granola Crust



Makes 8 tarts

Steps

1. Preheat oven to 325°F.
2. Mix the oats, nuts, seeds, oil, honey, and cinnamon in a bowl until thoroughly coated.
3. Press about 3 tablespoons of the mixture into non-stick mini tart pans. Use the back of a spoon to help press the granola evenly across the pan and up the sides.
4. Bake in the center rack of the oven for about 15 - 17 minutes, or until golden.
5. Immediately after removing tart shells from oven, use the back of the spoon to make an indent in the center so you will have more room for the yogurt. Once crusts have fully cooled, remove from the tart pans.
6. Add the vanilla yogurt - about 3-4 tablespoons - to the center, smoothing out the tops. Add your fruit of choice to the top and enjoy!

Ingredients

- 1 ½ cups old fashioned oats**
- 1 cup nuts, your choice, finely chopped**
- 1 tablespoon chia or sesame seeds**
- ¼ cup avocado or canola oil**
- ¼ cup honey or maple syrup**
- 1 teaspoon pure vanilla extract**
- ½ teaspoon cinnamon**

- 2 cups vanilla Greek yogurt**
- 4 cups mixed fruit for topping such as berries, kiwi fruit, apples, bananas...**