

High-Fiber Granola with Greek Yogurt

High-Fiber Granola Recipe

This recipe builds on a classic granola base and incorporates additional ingredients to maximize fiber content.

Yields: 10 servings (½ cup each)

Prep time: 10 minutes

Cook time: 30–45 minutes

Ingredients

Dry Ingredients

- 2 cups old-fashioned rolled oats
- ½ cup almonds, slivered or chopped
- ½ cup pumpkin seeds (pepitas)
- ½ cup chia seeds
- ¼ cup psyllium husks (or wheat bran)
- ½ cup unsweetened coconut flakes (optional)
- 1 teaspoon cinnamon
- Pinch of salt

Wet Ingredients

- ⅓ cup honey or maple syrup
- 2 tablespoons coconut oil, melted
- 1 teaspoon vanilla extract

Instructions

1. **Preheat and prepare:** Preheat your oven to 325°F (160°C). Line a large baking sheet with parchment paper.
2. **Combine dry ingredients:** In a large bowl, mix the oats, almonds, pumpkin seeds, chia seeds, psyllium husks, coconut flakes, cinnamon, and salt until evenly distributed.
3. **Combine wet ingredients:** In a separate, small pot, gently heat the honey and coconut oil over low heat until combined. Remove from the heat and stir in the vanilla extract.
4. **Mix and coat:** Pour the wet mixture over the dry ingredients and stir thoroughly until everything is well-coated.
5. **Bake the granola:** Spread the mixture in an even layer on the prepared baking sheet. Bake for 30–45 minutes, stirring once halfway through for more even browning, or leave undisturbed for larger clusters.
6. **Cool and store:** Allow the granola to cool completely on the baking sheet. It will become crispier as it cools. Store in an airtight container for up to two weeks.

Assemble the yogurt bowl

Combine the protein-rich Greek yogurt with your homemade granola and toppings for a complete meal.

Ingredients

- ½ cup high-fiber granola
- 1 cup plain Greek yogurt (look for 0% fat or low-fat options to reduce calories)
- ½ cup fresh berries (strawberries, blueberries, or mixed)
- 1–2 teaspoons ground flaxseed or hemp seeds (optional, for extra fiber)

Instructions

1. **Finish with fruit and seeds:** Top with fresh berries and an extra dash of ground flaxseed or hemp seeds for maximum fiber benefits. Serve immediately.
2. **Start with the yogurt:** Spoon the Greek yogurt into a bowl.
3. **Add granola and toppings:** Sprinkle the high-fiber granola over the yogurt.