

THE GRANOLA LOVER'S COMPANION

Your everyday guide to eating well

35 WAYS TO ENJOY FRUGGIES GRANOLA

FRUGGIES GRANOLA



INTRODUCTION

How many ways can you truly enjoy granola?

Granola is the ultimate all-in-one solution, quick to prepare, satisfying to eat and versatile enough to fit into any moment of your day. Whether you need a nourishing breakfast, a midday boost, or a guilt-free treat, granola delivers every time.

Inside this book, you will find 35 carefully curated ways to enjoy granola, each designed to maximize flavor, convenience and satisfaction. With minimal effort and endless combinations, you can create meals that feel new, exciting and perfectly tailored to you.

One ingredient. Endless experiences. Discover how far granola can take you.





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CLASSIC GRANOLA IN COLD MILK



INGREDIENTS

- $\frac{3}{4}$ cup Fruggies Granola
- Cold milk of your choice

NB : Lactose intolerants should use non-diary alternatives .

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Pour $\frac{3}{4}$ cup granola into a bowl.
2. Add cold milk of your choice.
3. Eat immediately so the granola stays crunchy, or let it soak 2–3 minutes if you like it softer.

Servings: 1



GREEK YOGURT PARFAIT



INGREDIENTS

- ½ cup Greek yogurt
- ¼ cup granola
- 1 tsp honey
- Add any fruits of your choice

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Spoon ½ cup Greek yogurt into a bowl.
2. Top with ¼ cup granola.
3. Drizzle 1 tsp honey.
4. Add fruits (optional).

Servings: 1



SMOOTHIE BOWL WITH GRANOLA TOPPING



INGREDIENTS

- 1 frozen banana
- ½ cup frozen berries
- 1 cup of milk
- 4 tbsp granola
- Sliced fruits
- Coconut flakes

PREPARATION

1. Blend 1 frozen banana , ½ cup frozen berries , 1 cup of milk & 4 tbsp granola into a bowl.
2. Top with sliced fruits & coconut flakes.

tsp = teaspoon

tbsp = tablespoon

Servings: 1



GRANOLA IN ICE CREAM



INGREDIENTS

- $\frac{1}{4}$ cup granola
- 2 scoops of ice cream

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Pour $\frac{1}{4}$ cup granola into a glass.
2. Add 2 scoops of ice cream.
3. Top with more granola for texture contrast.

Servings: 1



CHIA PUDDING TOPPED WITH GRANOLA



INGREDIENTS

- 3 tbsp chia seeds
- 1 cup milk
- 1 tsp honey
- ¼ cup granola

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Put 3 tbsp chia seeds in a glass.
2. Add 1 cup milk , add 1 tsp honey & refrigerate overnight.
3. Stir well & top with granola right before eating so it stays crunchy.
4. To eat instantly, allow chia seeds settle in milk . Stir & top with granola.

Servings: 1



OATMEAL TOPPED WITH GRANOLA



INGREDIENTS

- 2 cups oats
- 3 tbsp granola

**NB : Heat softens granola so add it
last second for max crunch.**

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. **Cook your oatmeal.**
2. **Top with granola.**

Servings: 1



STRAWBERRY YOGHURT PARFAIT



INGREDIENTS

- 2 cups Strawberry yogurt
- ½ cup granola
- 2 tsp honey
- Handful berries of your choice

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. In a glass , layer: yogurt → granola → berries → repeat.
2. Finish with a drizzle of honey.

Servings: 1



ACAI TOPPED WITH GRANOLA



INGREDIENTS

- 1 frozen acai packet
- ½ banana
- 1 cup of any juice and
- ½ granola
- Banana slices & berries
- 1 tbsp nut butter

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Put 1 frozen acai packet in blender
2. Add ½ banana , 1 cup of any juice and blend.
3. Pour into a bowl & top with granola, banana slices, berries and a drizzle of nut butter.

Servings: 1



GRANOLA PANCAKES



INGREDIENTS

- Pancake batter
- $\frac{1}{4}$ cup granola per cup of batter

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Make your usual pancake batter.
2. Fold in $\frac{1}{4}$ cup granola per cup of batter.
3. Cook on medium-low (granola can burn) .

Servings: 1



GRANOLA COOKIES



INGREDIENTS

- Cookies batter
- Granola

PREPARATION

1. Substitute granola 1:1 for the rolled oats in any oatmeal cookie recipe.
2. Bake at 375°F / 190°C.

tsp = teaspoon

tbsp = tablespoon

Servings: 1



BANANA BREAD WITH GRANOLA



INGREDIENTS

- Banana bread batter
- Granola

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Fold $\frac{1}{3}$ cup granola into your banana bread batter before pouring into the loaf pan.
2. Spread granola on batter.
3. Bake at 375°F / 190°C .

Servings: 1



GRANOLA CRUSTED FRENCH TOAST



INGREDIENTS

- 5 tbsp Granola
- 2 eggs
- ½ cup milk
- 1 tsp cinnamon powder
- Bread slice (s)

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Spread granola on a plate.
2. Mix eggs , milk & cinnamon .
3. Dip bread in your mixture.
4. Press both sides of bread in granola spread.
5. Pan fry in butter on medium heat.

Servings: 1



GRANOLA MUFFINS



INGREDIENTS

- ½ cup granola
- Muffin batter

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Add ½ cup granola to any standard muffin batter.
2. Sprinkle granola on top.
3. Bake at 375°F / 190°C.

Servings: 1



EATING STRAIGHT FROM PACKAGE



INGREDIENTS

- 1 cup granola

NB : Dense, calorie-rich granola is one of the best hiking and travel snacks.

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Pour 1 cup of granola unto a plate or bowl / eat directly from package but do not eat too much .

Servings: 1



HOMEMADE GRANOLA BARS



INGREDIENTS

- 2 cups granola
- $\frac{1}{3}$ cup honey
- $\frac{1}{4}$ cup nut butter

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Pour 2 cups granola into a bowl.
2. Add $\frac{1}{3}$ cup honey & $\frac{1}{4}$ cup nut butter and mix together.
3. Press firmly into a lined pan.
4. Refrigerate 2 hours & slice into bars.

Servings: 1



TRAIL MIX



INGREDIENTS

- 1 cup granola
- Any dried fruits of your choice
- Dark chocolate chips

NB : This can be snacked on alone .
It can be used as toppings for fruits/vegetables salad.

PREPARATION

1. Combine 1 cup granola with 1 cup mixture (dried cranberries or mango & dark chocolate chips) .
2. Store in a zip bag or eat immediately.

tsp = teaspoon

tbsp = tablespoon

Servings: 1



GRANOLA BALLS



INGREDIENTS

- 1 cup granola
- ½ cup peanut butter
- 3 tbsp honey
- 2 tbsp chocolate chips

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Mix 1 cup granola & ½ cup peanut butter .
2. Add 3 tbsp honey.
3. Add 2 tbsp chocolate chips.
4. Roll into balls & refrigerate 30 minutes to firm up.

Servings: 1



APPLE SLICES SNACK



INGREDIENTS

- Apple
- Granola
- Nut butter

NB : Add just a little nut butter
on each slice.

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Slice an apple.
2. Spread nut butter on each slice.
3. Press the nut-butter side on a plate of granola.

Servings: 1



SALAD TOPPED WITH GRANOLA



INGREDIENTS

- Salad
- 3 tbsp granola

PREPARATION

1. Make your salad .
2. Spread 3 tbsp granola .

NB : You can make any salad of your choice.

tsp = teaspoon

tbsp = tablespoon

Servings: 1



NO-BAKE CHEESECAKE CRUST



INGREDIENTS

- 1½ cups granola
- 4 tbsp melted butter
- Cheesecake filling

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Put 1½ cups granola in a bowl.
2. Add 4 tbsp melted butter & mix.
3. Press into the bottom of a springform pan.
4. Refrigerate 30 min before adding your cheesecake filling.

Servings: 1



GRANOLA TRIFLE



INGREDIENTS

- Whipped cream
- 1 cup granola
- Berries or any fruits

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. In a bowl , layer:
whipped cream → granola →
macerated berries →repeat.

Servings: 1



RED WINE WITH GRANOLA COATED BANANA BREAD



INGREDIENTS

- Slice (s) of Banana bread
- Nut butter
- Granola
- Red wine or any drink of your choice

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. On a slice of banana bread , spread nut butter .
2. Follow with a top coat of granola .
3. Pair with red wine to enjoy.

Servings: 1



MASHED KENKEY TOPPED WITH GRANOLA



INGREDIENTS

- Mashed kenkey
- Granola
- Milk / any diary alternatives

NB : Lactose intolerants should use non-diary alternatives .

PREPARATION

1. Make your mashed kenkey.
2. Top it with granola.
3. Add milk / any diary alternatives.

tsp = teaspoon

tbsp = tablespoon

Servings: 1



PAWPAW WITH MILK & GRANOLA



INGREDIENTS

- Pawpaw
- Milk
- 2 tbsp granola

NB : Lactose intolerants should
use non-diary alternatives .

PREPARATION

1. Dice pawpaw into glass.
2. Pour your milk on top.
3. Add 2 tbsp granola.

tsp = teaspoon

tbsp = tablespoon

Servings: 1



BLENDED GRANOLA MIX



INGREDIENTS

- 2 cups granola
- 300ml hot water
- Milk

NB : Lactose intolerants should use non-diary alternatives .

PREPARATION

1. Blend 2 cups of granola into a bowl .
2. Add 300ml hot water.
3. Add milk .

tsp = teaspoon

tbsp = tablespoon

Servings: 1

RECIPE 25 OF 35



GRANOLA POPSICLES



INGREDIENTS

- Strawberries
- Pawpaw
- ½ tsp groundnut paste
- 2 tbsp granola
- 1 tbsp greek yoghurt
- 1 cup milk
- 1 tsp honey

NB : Lactose intolerants should use non-diary alternatives .

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Blend few strawberries, pawpaw, ½ tsp groundnut paste , 2 tbsp granola , 1 tbsp Greek yogurt , 1 cup milk & 1 tsp honey.
2. In popsicle cups, put few granola and fill with blended mixture.
3. Put in popsicle stick .
4. Freeze for 5 hours or overnight.

Servings: 1



CLASSIC GARI SOAKINGS



INGREDIENTS

- ½ cup gari
- 1 cup milk
- 3 tbsp granola
- Fruits of choice
- Ice cubes

NB : Lactose intolerants should use non-diary alternatives .

PREPARATION

1. Pour ½ cup gari in a bowl.
2. Add 1 cup of milk & mix.
3. Top with 3 tbsp granola.
4. Add fruits of choice.
5. Add ice cubes .

tsp = teaspoon

tbsp = tablespoon

Servings: 1



GLOWING SKIN SMOOTHIE



INGREDIENTS

- Few slices of mango
- ¼ cup avocado
- 2 tbsp granola
- 1 tbsp greek yoghurt
- ½ cup milk
- 1 tsp lemon juice
- ½ tsp tumeric powder

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Blend few slices of mango, ¼ cup avocado , 2 tbsp granola , 1 tbsp greek yoghurt, ½ cup milk , 1 tsp lemon juice and ½ tsp tumeric powder .

NB : Lactose intolerants should use non-diary alternatives .

Servings: 1



RICE PUDDING WITH GRANOLA



INGREDIENTS

- Rice pudding
- 3 tbsp granola

NB : Lactose intolerants should
use non-diary alternatives .

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Pour rice pudding into a
bowl and warm.
2. Add 3 tbsp granola and
enjoy.

Servings: 1



ICE CREAM WITH GRANOLA & GLAZED APPLE



INGREDIENTS

- Dices of apple
- Water
- ½ tsp honey
- ¼ tsp cinnamon powder
- 3 scoops ice cream
- 3 tbsp granola

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Pan toast dices of apple with a little water , ½ tsp honey and ¼ tsp cinnamon powder.
2. In a glass, add 3 scoops of ice cream .
3. Top it with 3 tbsp granola.
4. Top with glazed apple & enjoy.

Servings: 1



TIGERNUT PUDDING WITH GRANOLA



INGREDIENTS

- $\frac{3}{4}$ cup granola
- Tigernut pudding

NB : Lactose intolerants should use non-diary alternatives .

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Pour tigernut pudding into a bowl.
2. Add $\frac{3}{4}$ cup granola and enjoy.

Servings: 1



CONSTIPATION RELIEVING SMOOTHIE



INGREDIENTS

- ¾ cup prunes/plums
- ¼ cup psyllium husk
- ½ cup granola
- ¾ cup mango slices
- 1 tsp grated ginger
- 1 tsp hemp seeds
- ½ cup berries
- 1 cup milk
- 1 tbsp greek yoghurt

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Blend ¾ cup prunes , ¼ cup psyllium husk , ½ cup granola , ¾ cup mango slices , 1 tsp grated ginger, 1 tsp hemp seeds , ½ cup berries , 1 cup milk & 1 tbsp greek spoon.

NB : Lactose intolerants should use non-diary alternatives .

Servings: 1



CUSTARD WITH GRANOLA TOPPINGS



INGREDIENTS

- Custard beverage
- 3 tbsp granola
- Milk

NB : Lactose intolerants should use non-diary alternatives .

PREPARATION

1. Make custard beverage.
2. Add 3 tbsp granola.
3. Add milk & enjoy.

tsp = teaspoon

tbsp = tablespoon

Servings: 1



BANANA GLAZED WITH GRANOLA & NUT BUTTER



INGREDIENTS

- Banana
- Nut butter
- Granola

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Put banana on barbecue stick .
2. Spread nut butter around banana.
3. Roll banana with nut butter on a plate of granola & enjoy.

Servings: 1



GRANOLA BROWNIES



INGREDIENTS

- Brownies batter
- $\frac{3}{4}$ cup granola
- $\frac{1}{4}$ chocolate chips

NB : Lactose intolerants should use non-diary alternatives .

tsp = teaspoon

tbsp = tablespoon

PREPARATION

1. Fold in granola & chocolate chips in brownies batter.
2. Pour batter into pan.
3. Sprinkle a little extra granola on it.
4. Bake for 20–25 minutes or until a toothpick comes out with slight crumbs.

Servings: 1



THE END

Thank you for choosing Fruggies Granola...



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