



Mango, banana and coconut granola pot

High carb

Breakfast



By Adam Lloyd

This tropical granola pot makes a great grab and go breakfast. A good portion of high GI carbohydrate to help get the fuel tank topped up ahead of training or competition.

Prep: 5 min

Fresh: 1 days

Beginner

Ingredients for 1 Portion(s)

125 g Greek yogurt

½ cup, pieces Mango

1 small Banana

50 g Granola, average

1 tablespoon(s) Desiccated coconut

Method

First, peel and roughly chop mango and banana. Chuck into a blender or Nutribullet and blitz to form a smooth mango and banana puree.

In a tupperware, bowl or seal tight jar layer the granola mix with Greek yoghurt yogurt and the mango and banana puree. Finish with desiccated coconut. Seal the container and pop in the fridge ready for the morning or enjoy right away.