



Homemade Granola

Store-bought granola is more like candy.

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Making granola at home is easy. The ingredients in a lot of store-bought granola are more like those of a candy bar than breakfast. Granola from the store is often loaded with sugar and contains a lot of oil and preservatives with long names. Homemade granola is more nutritious and can include your choice of dried fruits and nuts.

Servings: 12 / Ingredients: 10 / Prep: 15 minutes

Ingredients

2 cups rolled oats

1/3 cup whole wheat pastry flour

¼ cup almonds, sliced

¼ cup walnuts, chopped

¼ cup unsweetened coconut flakes

Pinch of salt

1 teaspoon cinnamon (optional)

1/3 cup maple syrup (optional) ¼ cup vegetable oil or melted butter

½ cup unsweetened dried cherries, raisins and chopped apricot or any combination of dried fruit

Directions

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper or lightly butter it. Set aside.
2. In a medium bowl, stir together oats, flour, almonds, walnuts, coconut flakes, salt and cinnamon, if using. Stir in maple syrup and melted butter until the oats are completely coated. Transfer to the prepared baking sheet.
3. Bake for 30 minutes, turning the oats often for even browning. Granola can burn quickly, so keep a close eye on it! Once golden, allow to cool completely, then stir in dried fruit. Eat with milk or over yogurt. Store in an airtight container for up to two weeks.

Nutrition Facts (per serving)

Calories: 179; fat: 9 g; saturated fat: 2 g; polyunsaturated fat: 3 g; monounsaturated fat: 5 g; carbohydrates: 23 g; sugar: 9 g; fiber: 3 g; protein: 3 g; sodium: 15 mg

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