

Granola II

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Makes about 14 cups

30 grams – 142 Calories/6 Points

1 Tbsp – 27 Calories/1 Point

To measure in tablespoons, you really need to break it up to get an accurate measurement

- 6 cups old fashioned rolled oats
- 2 cups raw nuts of choice
- 1 cup sugar
- 1 cup flour
- 2 large egg whites
- 1/2 cup water
- 1 Tbsp vanilla extract
- 1/2 cup oil (coconut, avocado, olive)
- 2 tsp salt
- 1 cup dried fruit of choice

1. Mix together all ingredients except dried fruit. Mix well, making sure all dry goods are coated
2. Add in dried fruit
3. Spread out on one or two baking sheets lined with parchment paper. Pat granola together
4. Bake at 300 degrees for 20 minutes. Remove from oven and

flip granola over.

5. Bake for 20 to 30 minutes more until light brown and dried out.
6. Let cool completely. It will dry more as it cools
7. When completely cool, break into desired size pieces and store in an airtight container. Will keep for several months

Breakfast, Side Dish

Breakfast

Granola