

# Granola

## Granola



Little less than 1/4 cup, 3 FSP

\*\*I weigh/measure the final product each time I make it and base the points on that. I'm not sure why, but sometimes the amount I get varies! And, you can substitute the kinds of nuts/seeds/dried fruits/oil/extract etc to change it everytime – just make sure you recaluculate the points

- 4 cups old fashioned oats
- 1 Tbsp cinnamon
- 1 tsp nutmeg
- 1/4 cup walnuts (chopped)
- 1/4 cup pepitas (pumpkin seeds)
- 1/4 cup dried fruit
- pinch salt
- 1 Tbsp coconut oil (melted)
- 2 Tbsp honey
- 1 Tbsp vanilla
- 1 egg white (beaten until frothy)

1. Combine all dry ingredients
2. Combine all wet ingredients, excluding egg white
3. Add wet ingredients to dry and mix well.
4. Add in egg white and mix well.
5. Spread on two cookie sheets that have been sprayed with non stick spray.
6. Bake at 300 for about 20-30 minutes, stirring every 7 minutes, until golden. Let cool completely. Do not overbake waiting for it to get crunchy – it will not get

crunchy until it is COOL!