

Homemade Granola

(less sugar & fat from regular store bought granola--& just as easy!)

Makes 1 Serving

Preparation: 5 min & Bake: 10 min

Ingredients:

- ¼ c gluten-free oats
- ½ oz dried goji berries
- 1/8 dried blueberries & raisins
- 1 T sliced almonds
- ½ T cinnamon
- 1 T raw honey

Put the oats & almonds into baking pan. Sprinkle with cinnamon then mix with honey. Let this bake in oven till toasted-approx. 15 min. Then mix in all other ingredients. Sprinkle on top of yogurt or add in milk. Enjoy!

Now, this is just one version of homemade granola. Feel free to change the ingredients based on your tummy's desires. Cacao nibs, cranberries, flax seed, walnuts, mulberries, pumpkin seeds, pistachios, fresh blueberries, or any other fruit, etc. all work and are very tasty.



Nutrients per serving: 310.2 calories, 7.2g protein, 63g carbohydrates, 4.2g fat

(granola ingredients bulleted above is the nutrients calculated)