Granola

Description

This simple-to-make version of an old favorite allows you to avoid the additives and hydrogenated oils that are found in most commercially processed granola.



Summary

Yield: 14
Source: The Anti-Inflammation Diet and Recipe Book by Jessica Black
Prep Time: 5 minutes
Category: Breakfast

Ingredients

- 6 cups gluten-free rolled oats
- 1 cup Chopped Almonds
- 1 cup raw, shelled sunflower seeds
- 1/2 cup sesame seeds
- 1 1/4 cups unsweetened coconut
- 1/2 cup honey
- 1/2 cup organic coconut oil

Instructions

1. Preheat oven to 325° F.

2. Mix dry ingredients together in a large bowl.

3. Combine honey and oil in a saucepan and heat to a liquid consistency. Pour over dry ingredients. Mix well. Flatten into a baking pan.

Granola

4. Bake for 15-20 minutes. Cool and store in an airtight container. Serve with milk substitute and/or fresh fruit.

Notes

Substitutions: You can prepare this recipe with many different nuts and seeds and even dried fruit if you are not diabetic. For a change I sometimes add 1/2 cup of almond butter or tahini. You can also try brown rice syrup instead of honey.

Per serving: 317.9 calories, 7.2g protein, 24.3g carbohydrate, 4.7g fiber, 23.4g total fat, 10.3 saturated fat, 0.0mg cholesterol, 3.3 mg sodium