

BASIC GRANOLA

PERFECT FOR MEAL PREP

INGREDIENTS

- 2 cups old-fashioned rolled oats
- 1/2 cup chopped unsalted nuts (such as almonds, walnuts, or peanuts)
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 2 tablespoons canola oil
- 1 tablespoon honey
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/2 cup dried fruit (such as raisins, dried cranberries, or chopped dried apricots)

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Combine all ingredients except for the dried fruit in a large mixing bowl.
3. Spread evenly over a baking sheet coated with nonstick spray or lined with parchment paper.
4. Bake for 20-25 minutes, stirring halfway.
5. Cool for 5-10 minutes then incorporate the dried fruit.
6. Store in an airtight container at room temperature for up to 3 weeks.



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8 SERVINGS



30 MIN