

EASY HEALTHY GRANOLA

26

- GF, SF, SOYF, VG, VN, DF

INGREDIENTS

2 cup rolled oats
 1/2 cup almonds chopped
 1Tbsp ground flaxseeds
 1/2 cup unsweetened dried
 fruit, chopped
 2 Tbsp. maple syrup
 2 Tbsp. coconut oil
 1/2 tsp. vanilla extract

SERVES 6

NUTRITION INFO

CALORIES

256.8

TOTAL FAT

15.6g

SAT. FAT

5.88g

SODIUM

110.5mg

TOTAL CARBS

12.7g

FIBRE

21.4g

SUGARS

0.8g

PROTIEN

5.48g

METHOD

- 1 Preheat the oven to 150° C.
- 2 Combine all ingredients in a mixing bowl and use your clean hands to mix well. The coconut oil might be liquid or solid depending on the temperature. Your hands will warm it up and melt it into the mixture if it's solid.
- 3 Spread the mixture in a thin layer on a baking sheet and bake for 10 mins, until very lightly brown.
- 4 Cool before serving or storing. This granola can be kept in an airtight container for up to 2 weeks.