



NUTRITION CONSULTING INC.

## Groovy Granola

By Andrea Holwegner BSc, RD

Makes 24 Servings (1/4 cup each serving)

*This is an easy recipe adapted from Whitewater Cooks at home by Shelley Adams that is loaded with good nutrition. Top your favorite yogurt with fresh or frozen thawed berries and this granola for a balanced breakfast.*

### What You Need:

2 ½ cups large flake oats

1 ½ cups of your choice of seeds/chopped nuts such as almonds, pecans, walnuts, peanuts, cashews, sunflower seeds, sesame seeds or ground flax seeds.

½ tbsp ground cinnamon

½ cup unsweetened applesauce

¼ cup brown sugar

2 tbsp honey

2 tbsp maple syrup

2 tbsp vegetable oil

½ cup your choice of dried fruit such as raisins, dried cranberries, chopped dried apricots, chopped dates, chopped prunes or chopped figs.

### How You Prepare:

1. Combine all of the ingredients into a mixing bowl except the dried fruit and stir well.
2. Spread the granola onto a large baking sheet and Bake at 325 °F. Stir mixture a few times while baking for one hour until all the granola is golden brown.
3. Cool completely. Add dried fruit and store in a glass jar or sealed container.

### Nutrition Information Per Serving: ¼ cup

(analysis was based on using ½ cup sesame seeds, ½ cup sunflower seeds, ½ cup almonds, ¼ cup raisins, ¼ cup dried cranberries)

Calories 128

Carbohydrates 17.6 g

Protein 3.1 g

Fat 5.7 g

Dietary Fiber 2.3 g



It's your health.



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 [www.healthstandnutrition.com](http://www.healthstandnutrition.com)