

Homemade Granola

Serves: 9

Ingredients:

- 3.5 cups quick or rolled oats
- ½ cup sunflower or pumpkin seeds
- 2 tsp cinnamon
- ½ cup honey
- ⅓ cup oil
- 1 tsp vanilla



Directions

1. Preheat the oven to 350 °F
2. In a large bowl, combine the oats, seeds and cinnamon. Mix until well combined.
3. Add the honey, oil, and vanilla. Mix until well combined.
4. Spread the granola mixture evenly on a baking sheet. Bake for 10-15 minutes until the granola is SLIGHTLY golden brown.
5. Let the granola cool completely then transfer to an airtight container.

*Note: The granola will continue to bake and become more golden brown once it's taken out of the oven. This is why the granola needs to be taken out once it begins to golden. If you find that the granola is slightly underbaked after it has completely cooled, put it in the oven for another 2-5 minutes or until it has become slightly golden brown.

Nutrition Tip

Granola is an excellent source of fibre! Try adding ½ cup of nuts to the recipe for added protein and nutrients.