

Granola with Almond Milk & Fruit

Ingredients

2 cups oatmeal

½ cup honey (or less to taste)

2 Tbsp. Flax seed meal

¼ cup grated unsweetened coconut

¼ cup sliced almonds

¼ cup walnuts, crushed

1 teaspoon cinnamon

1–2 ounces water, or fresh 100% juice or frozen juice like apple or pineapple, etc. Also can add fresh fruit diced.



Makes 5 ½ servings

Prep time: 5 minutes

Cook time: 20 minutes

Preparation

Mix all dry ingredients together first, then add liquids

Oven: Bake on cookie sheet, on oven's lowest setting approximately 2 hours, turning once or Dehydrate 18 hours or until crunchy, flipping once at 8 or 9 hours.

Serve with Almond milk and fruit of your choice.

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