



# GRANOLA

## Instructions:

- Preheat oven to 325 degrees Fahrenheit.
- In a bowl mix the oats and salt.
- In a separate bowl, mix honey, flavor, and oil.
- Add the wet ingredients to the dry and mix well.
- Spread the mixture on a baking sheet coated with oil or lined with parchment paper.
- Bake in the oven for 10 minutes, remove and toss mixture to bake evenly. Bake for another 10 minutes or until golden brown. After baking, allow to cool completely.
- Add nuts, seeds, or dried fruit of choice.
- Store in an air-tight container (in refrigerator) to increase shelf life.
- In the morning add to yogurt, applesauce, nut butter, etc. Enjoy!

## Ingredients:

- 2  $\frac{3}{4}$  cups old fashioned oats (or grain of choice)
- $\frac{1}{4}$  tsp Sea/Kosher salt
- $\frac{1}{4}$  -  $\frac{1}{3}$  cup honey (or sweetener of choice)
- $\frac{1}{4}$  cup + 2 tsp all-purpose oil
- 2 tsp pure vanilla extract

## Optional:

$\frac{1}{4}$  cup dried fruit of choice

$\frac{1}{4}$  cup nuts of choice

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