

## Hello Home-Made, Bye-Bye Store-Bought!: Granola

Store-bought granola is full of sugar and preservatives and can get expensive. Why not make your own using healthy ingredients and get all the benefits that you are meant to when eating granola – plus you'll save money!

Granola isn't just for breakfast, either - it can be enjoyed dry as a snack or as a topping on yogurt or frozen yogurt or sorbet!

Try this granola recipe using some super-food ingredients (chia seeds & cherries) and start your day on the right foot!

### Ingredients:

- 2  $\frac{3}{4}$  cups large, gluten-free oats
- 1 cup shelled pistachios
- 1 cup unsweetened shredded coconut flakes
- 1/3 cup pepitas (unsalted, shelled pumpkin seeds)
- 1/3 cup sunflower seeds
- $\frac{1}{4}$  cup chia seeds
- $\frac{1}{2}$  cup light brown sugar
- 1/3 cup maple syrup
- 1/3 cup extra virgin olive oil
- $\frac{3}{4}$  cup dried sour cherries

### Directions:

1. Preheat oven to 300F.
2. In a large bowl, mix together the oats, pistachios, coconut, pumpkin seeds and a dash of salt.
3. In a small saucepan set over low heat, warm the sugar, maple syrup and olive oil until the sugar has just dissolved, then remove from heat. Fold liquids into the oat mixture, making sure to coat the dry ingredients well.
4. Line a large, rimmed baking sheet with parchment paper (or use a silicone baking mat), and spread granola in an even layer. Bake until dry and lightly golden, 35 to 40 minutes, stirring granola a few times along the way.
5. Remove granola from oven, mix in the dried sour cherries. Allow to cool to room temperature before transferring to a storage container. Makes about 6 cups. A serving size should be  $\frac{3}{4}$ -1 cup.

