

# HELLO HOMEMADE

## DIY 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 making a healthy whole food choice? Granola isn't just for breakfast, either. It can be enjoyed dry as a snack or as a topping on yogurt, frozen yogurt, or sorbet!

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



### DIY GRANOLA

Makes 6 cups - 10 servings (3/4 – 1 cup)

#### Ingredients

- 2 ¾ cups large flake oats
- 1 cup shelled pistachios
- 1 cup unsweetened shredded coconut flakes
- 1/3 cup pepitas (unsalted, shelled pumpkin seeds)
- 1/3 cup sunflower seeds
- 1/4 cup chia seeds
- 1/2 cup light brown sugar
- 1/3 cup maple syrup
- 1/3 cup extra virgin olive oil
- 3/4 cup dried cherries



#### Directions

1. Preheat the oven to 300F.
2. In a large bowl, mix the oats, de-shelled 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 the granola in an even layer. Bake until dry and lightly golden (35 to 40 minutes), stirring the granola a few times along the way.
5. Remove granola from the oven and mix in the dried cherries. Allow to cool to room temperature before transferring to a storage container.

Nutrition Info Per Serving: Cal 249 | Fat 15g | Carb 27g | Pro 4g | Fibre 3.7g | Sod 23mg | Pot 164mg | Sugar 16g