

Ashley's Meal Prep Monday!

Healthy-ish Granola



INGREDIENTS

- 4 cups old-fashioned rolled oats
- 1 1/2 cups raw nuts and/or seeds (I used chopped pecans, walnuts, pumpkin seeds, and almonds)
- 1 TSP fine-grain sea salt
- 1 TSP cinnamon
- 1/2 cup melted coconut oil
- 1/2 cup local honey or maple syrup
- 1 TSP vanilla
- Optional add-ins once cooled, dried fruit, chocolate chips, coconut flakes,

Preheat oven to 350. Line a large baking sheet with parchment paper.

In mixing bowl, combine oats, nuts/seeds, salt and cinnamon

Pour in oil, honey/syrup, vanilla and mix until coated. Pour granola onto prepared pan with large spoon, spread in an even layer.

Bake until slightly golden, about 18-20 minutes - stirring halfway. For extra clumpy granola, press it down with a spatula to create a more even layer. The granola will crisp as it cools.

Let the granola cool completely, undisturbed - about 45 minutes. Top with any add-ins. Break into pieces and enjoy!

