

Ashley's Meal Prep Monday!



Air Fryer Granola

INGREDIENTS

1 cup GF old fashioned rolled oats

1/4 cup roughly chopped nut of choice (walnut, pecan, almond, etc)

1 TSP ground cinnamon

1/4 TSP salt

3 TBSP honey or maple syrup

2 TBSP melted coconut oil

1 TSP vanilla

Mix all ingredients together in a bowl and stir well to combine. Line air fryer basket with parchment paper. Pour out the granola mixture and press down using a spatula to create an even layer.

Air fry at 330 for 8-12 minutes, until golden brown and crisp. Check it halfway through to make sure the granola isn't burning. It will continue to darken while it cools.

Remove the basket from the air fryer and let it cool for 5-10 minutes before removing. Grab parchment paper and remove from the basket and lay on the countertop to cool completely. Enjoy!



Recipe: www.healthfulblondie.com

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