



# Ashley's Meal Prep Monday!



## Granola

### INGREDIENTS

4 cups GF old-fashioned rolled oats

1 ½ cup raw nuts/seeds - I used ½ cup slivered almonds, ½ cup chopped pecans, and

½ cup pepitas

1 TSP fine sea salt

¼ cup flax seed

1 TSP cinnamon

Opt: 1 TBSP coconut sugar

½ cup melted coconut oil

½ cup honey

1 TSP vanilla



Preheat oven to 350 and line a large baking sheet with parchment paper. In a large mixing bowl, combine oats, nuts/seeds, salt, flax seed and cinnamon - stir to blend.

Pour in coconut oil, honey, and vanilla. Mix until every oat and nut is lightly coated. Pour the granola onto prepared pan and use a large spoon to spread in an even layer.

Bake until lightly golden, about 18 minutes, stirring halfway. For extra clumpy granola, press the granola down with a spatula to create a more even layer. The granola will crisp up more as it cools. AND, let it cool completely, undisturbed for about 45 minutes before breaking into pieces and enjoying!

Recipe idea: [cookieandkate.com](http://cookieandkate.com)

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