

Granola

By: The Complete Slow Cooking For Two, Linda Larsen

Ingredients:

4 cups old-fashioned rolled oats
1 cup silvered almonds
1 cup coarsely chopped pecans
1 cup sunflower seeds
1 cup shredded coconut
1/2 cup butter or coconut oil
2 tbsp canola oil
1/2 cup honey
1/3 cup brown sugar
2 tsp vanilla
1 tsp ground cinnamon
1/2 tsp salt (optional)
nonstick cooking spray

Instructions:

1. Spray the crockpot with the nonstick cooking spray.
2. In the crockpot, combine the oats, almonds, pecans, sunflower seeds and coconut.
3. In a medium saucepan over low heat, heat the butter, canola oil, honey, brown sugar, vanilla, cinnamon and salt until the butter melts, about 5 minutes. (If using coconut oil, heat on stovetop til warmed through.)
4. Drizzle the butter mixture over the ingredients in the slow cooker and stir to coat.
5. Cover, but leave the lid slightly ajar, and cook on low for 3-4 hours, stirring every hour if possible, until the mixture is golden brown.
6. Remove the granola to cookie sheets and spread into an even layer. Let cool, and then break into pieces. Serve or store in an airtight container at room temperature.

Serves: 8 cups

Nutritional Information per serving: 1 cup

Calories: 525

Total fat : 31g; Saturated fat: 10g; Cholesterol: 23mg; Carbohydrates: 57g; Fiber: 8g; Protein: 10g

Notes:

You can customize this recipe. Add more cinnamon (recommended), use nutmeg or pumpkin spices, add different nuts, or add dried fruit after the granola is done cooking and has cooled.



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