

# Healthy Lower Fat Granola

## INGREDIENTS:

- 5 cups rolled oats
- 1 cup raw wheat germ or bran
- 1 cup oat bran
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 1 tsp cinnamon
- 1/2 cup honey
- 1/4 cup coconut oil, melted
- 2 tsp vanilla
- 1/2 cup cold water
- 1 cup pitted dates, cut into small pieces
- 2 cups dried cranberries
- 1 cup raisins
- 1/2 tsp sea salt

## METHOD:

Preheat oven to 300F and set the oven rack in the middle.

1. In a large mixing bowl, combine rolled oats, wheat germ, & oat bran.
2. In a small pot, combine honey and coconut oil, then heat until liquid. Add vanilla and water. Add wet mixture to the dry, stirring until evenly distributed. Spread onto one or two 13-by-18-inch baking sheets.
3. Bake for 30 minutes, stirring every 10 minutes and rotating pan to compensate for any hot spots in the oven.
4. Remove from oven and cool. Transfer to a large bowl, and add pitted dates, all seeds, nuts if using, cinnamon, dried cranberries and raisins.
5. Store granola in airtight containers.
  - *Add any nuts to this*
  - *Take a container of this as a snack on the go*
  - *Mix with fruit & yogurt as a yogurt parfait*

## FOR GRANOLA BARS:

- same as above, but soak the dates in hot water.
- chop or grate 2 apples, the dates & 1/2 cup hot water in food processor or mix by hand
- mix all ingredients together, press into baking pan, bake at 300 for 40 minutes.
- Cut into squares, wait till it cools to remove from pan.