



strong bodies **healthy minds**

Crunchy Granola with Walnuts

Why buy granola in a box when this homemade mixture tastes better and is so easy to make? We lowered the fat content of traditional granola and still kept the great taste. We chose oats a whole-grain base added flaxseeds and walnuts for healthy polyunsaturated fats and omega 3 fatty acids. We gave it a naturally sweet taste by finishing it with agave nectar and raisins. We bake this versatile granola in large quantities because it stores easily, and because we use it in our Yogurt Sundae, Apple Crisp and Raspberry Crumble recipes.

Ingredients:

3 cups old-fashioned oats
1/3 cup ground flaxseeds
1/3 cup hulled raw sunflower seeds
1/4 cup walnuts, chopped (optional)
1 tablespoon ground cinnamon
1/2 cup agave nectar
1/4 cup sunflower oil
1 tablespoon vanilla extract
1/2 cup raisins or dried cranberries

Directions:

1. Preheat oven to 350°F.
2. In large bowl, combine oats, flaxseeds, sunflower seeds, walnuts, and cinnamon.
3. Add agave nectar, oil, and vanilla and stir to mix thoroughly.
4. Spread onto rimmed baking sheet and bake 25–35 minutes or until lightly browned, stirring about every 10 minutes to make sure it doesn't burn.
5. Cool completely in pan. When cool, stir in raisins. Store in tightly sealed container up to 2 weeks or freeze to last longer.

Makes 20 servings (1/2 cup per serving).

Nutrition Facts per serving: 140 calories; 6g fat (1g sat fat, 1g mono, 3g poly, 0g trans fat); 0mg cholesterol; 19g carbohydrate (2g fiber, 10g sugar); 3g protein; 0mg sodium; 2% DV calcium; 6% DV iron.