



Crunchy Maple Granola

Instructions

Serves: 4

1. Preheat oven to 325 F.
2. Make a flax egg: combine ground flax seed with water and stir well. Set aside
3. In a bowl, combine all dry ingredients. Add wet ingredients (maple syrup, vanilla, and flax egg).
4. Spread evenly on a baking sheet and bake for 35 min, stirring every 10-12 minutes.
5. Cool on a rack and transfer to a sealed glass container (will last for at least 3-4 weeks)

Ingredients

- 2 cups rolled oats (Old Fashioned type)
- ½ cup chopped pecans or walnuts (or nut of your choice)
- ¼ cup sunflower seeds
- ½ teaspoon cinnamon
- ½ teaspoon salt
- 1 teaspoon vanilla extract
- ¼ cup maple syrup
- 2 tbsp ground flax seed
- ¼ cup water