

Breakfast | Snack

Honey Cinnamon Granola

10 Mins
Prep Time

12 Mins
Cook Time

8
Servings

≡ 256 Calories 15g Fat 30g Carbs 5g Protein

Ingredients

8 Servings • ½ Cup Serving Size

🕒 22 Mins Total Time ⚠️ Allergens: Gluten, Nuts

2 Cups Old Fashioned Rolled Oats 🥄

⅓ Cup Raw Walnuts 🥄

⅓ Cup Raw Almonds 🥄

½ Tsp Fine-Grain Sea Salt (scale back if using table salt)

½ Tsp Cinnamon 🥄

¼ Cup Vegetable Oil

¼ Cup Honey

1 Tsp Vanilla Extract

⅓ Cup Dried Cherries 🥄

Allergen Swap

Gluten Choose certified gluten-free oats

Nuts Replace nuts with sunflower seeds or pepitas



Nourishment Note!



🥄 Rolled Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut and heart health.



🥄 Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.



🥄 Almonds

Almonds are an excellent source of protein, fiber, heart-healthy monounsaturated fats, and vitamin E. Vitamin E, a powerful antioxidant, may help to protect cells from damage.



🥄 Cinnamon

Cinnamon may help lower inflammation within the body.



🥄 Dried Cherries

Cherries are a great source of anthocyanins and quercetin. These antioxidants may help to protect the heart and lower inflammation within the body. Cherries may also help to relieve arthritis pain when consumed regularly.

Instructions

1. Preheat Oven

Preheat the oven to 350° F and line a rimmed baking sheet with parchment paper.

2. Mix Ingredients

In a large bowl, mix together the oats, nuts, salt, and cinnamon. Drizzle the oil, honey, and vanilla over the oat mixture and blend until all ingredients are evenly coated.

3. Spread Granola

Spread the granola into an even layer onto the prepared baking sheet.

4. Bake Granola

Bake until golden, about 20 minutes, stirring halfway through. The granola will not be crispy coming out of the oven. It will crisp as it cools.

5. Cool Granola

Let the granola cool completely and then break in to pieces. Gently stir in the dried cherries. (If you're feeling a little crazy, mix in some chocolate chips as well!)

Recipe adapted from: [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Large Mixing Bowl



Spoon



Measuring Cups



Measuring Spoons



Baking Sheet



Parchment Paper



Spatula

RA Cooking Tip

- Measuring the cooking oil in the measuring cup before the honey. The oil will help the honey slide out more easily and prevent having to scrape out the measuring cup.