

**Breakfast | Snack** 

# **Honey Cinnamon Granola**

**Side Effect: Diarrhea** 

**10 Mins Prep Time** 

**20 Mins Cook Time** 

**Servings** 

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



## **Ingredients**

**8** Servings • ½ Cup Serving Size



**○** Allergens: Nuts, Gluten

2 Cups Old Fashioned Rolled Oats 💔



1/3 Cup Raw Walnuts

1/₃ Cup Raw Almonds

1/2 Tsp Fine-Grain Sea Salt (scale back if using table salt)

1/2 Tsp Cinnamon

1/4 Cup Vegetable Oil

1/4 Cup Honey, pasteurized

1 Tsp Vanilla Extract

1/3 Cup Dried Cherries

#### **Allergen Swap**

Nuts Replace the walnuts and almonds with sunflower seeds or pepitas

Gluten Oats are naturally gluten-free, but for those with celiac disease look for certified gluten-free oats



#### Old-Fashioned Oats

Oats are rich in water-absorbing soluble fiber. This type of fiber can be especially beneficial for diarrhea, as it absorbs excess water in the bowel, potentially providing diarrhea relief.



## **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Preheat Oven

Preheat the oven to  $350\,^{\circ}$  F and line a rimmed baking sheet with parchment paper.

#### 3. 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.

#### 4. Spread Granola

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

#### 5. 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.

## 6. Cool Granola

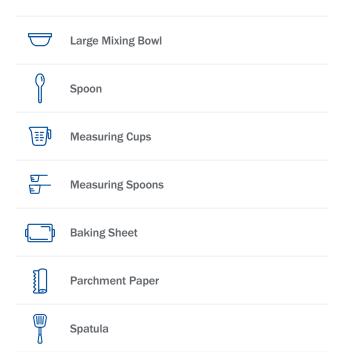
Let the granola cool completely and then break in to pieces. Gently stir in the dried cherries. (If you're feeling a little crazy, mix in some chocolate chips as well!)

## 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: cookieandkate.com

## What You'll Need



#### **Fatigue Buster**

- Store granola in an air-tight container to enjoy for 3-5 days.
- Ask a friend or family member to help prepare this dish.