



GRANOLA

INGREDIENTS

- 4 cups old fashioned oats
- 2 cups shredded sweetened coconut
- 2 cups sliced almonds
- ½ cup walnut halves
- ½ cup pistachios, shelled
- ½ cup honey
- ¾ cup olive oil
- 1 teaspoon Kosher salt



DIRECTIONS

1. In a large bowl, whisk together honey, oil and salt.
2. Add in remaining ingredients and stir well until thoroughly combined.
3. Spread on a parchment-lined baking sheet.
4. Bake at 350° for 30–35 minutes, stirring every 10 minutes.
5. Cool completely and store in an air-tight container.
6. To serve, add dried fruits, yogurt, etc.

Recipe adapted from Ina Garten.



Granola		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	6342.6 kcal	317 %
Total Fat	466.8 g	718 %
Saturated Fat	132.2 g	661 %
Trans Fat	0.3 g	
Cholesterol	0 mg	0 %
Sodium	2010.3 mg	84 %
Total Carbohydrate	468.4 g	156 %
Dietary Fiber	93 g	372 %
Sugars	168.2 g	
Protein	122.1 g	244 %
Vitamin A	1 %	Vitamin C 12 %
Calcium	98 %	Iron 181 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		