



YOUR WHOLE HEALTH

—AN INTEGRATIVE MEDICINE PRACTICE—

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Homemade Granola



Granola can be a wonderful healthy snack that provides fiber, protein and wonderful micronutrients, but too often what we find in stores is granola made with added sugar, unhealthy fats from refined vegetable oils, and preservatives. Making your own granola is a way to avoid this. It is easy to make, stores well, and is delicious! I make mine with pepitas which are loaded with protein, fiber, magnesium and zinc, walnuts which are a great source of protein and omega 3s, and cinnamon which brings down inflammation and stabilizes blood sugar. I like to use coconut oil, however that is a saturated fat. Unlike saturated fat from animals, it does not seem to promote inflammation within the body, but it does raise LDL cholesterol, so you may want to use olive oil if you have high LDL. Enjoy!

- 4 C organic rolled oats
- 1 C Walnuts
- 1 C pepitas
- 1 tsp salt
- 1 tsp cinnamon
- 1/2 C coconut or olive oil
- 1/2 C honey
- 1 tsp vanilla

Mix all together and bake at 350°, turning every 10 minutes until golden