

## **BANANA BREAD GRANOLA**

Serves: 12 1/2 cup servings

### **INGREDIENTS**

- 3 cups rolled oats (GF for gluten free eaters)
- 3/4 cup walnuts
- 1/2 cup pecans
- 3 Tbsp raw sugar
- 1/2 tsp sea salt
- 1/2 Tbsp cinnamon
- 1 Tbsp flax seed
- 1/4 cup coconut oil
- 1/3 cup + 1 Tbsp maple syrup, agave or honey if not vegan
- 1 tsp vanilla extract
- 1 medium ripe banana, mashed (~1/2 cup)

Make Quick Bacon, Egg & Cheese Sandwiches

### **INSTRUCTIONS**

1. Preheat oven to 350.
2. Mix the oats, cinnamon, sugar, salt, flaxseed and nuts together in a large bowl (see photo).
3. In a small saucepan over medium low heat, warm the coconut oil, maple syrup (or agave or honey) and vanilla extract. Once melted, remove from heat and whisk in banana puree until well combined. Pour over the dry ingredients and mix well.
4. Spread the mixture evenly onto one or two baking sheets (making sure it doesn't get crowded) and bake for 23-28 minutes or until golden brown. The coconut oil will help it crisp up well, but be sure to watch it carefully as it can brown quickly.
5. NOTE: If you don't toss the granola while baking, it will get clumpy, which I personally love. But if you want a more crumbly granola, toss/stir a bit at the halfway point to break up the clumps.
6. Once the granola is visibly browned, remove from the oven and toss just a bit to let the heat escape. Cool completely on the baking sheet or in a heat-safe bowl. Store in a container or jar with an air-tight seal – it should keep for a couple of weeks.

## **BANANA BREAD GRANOLA SHOPPING LIST**

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**3/4 cup walnuts**

**1/2 cup pecans**

**3 Tbsp sugar**

**1/2 tsp sea salt**

**1/2 Tbsp cinnamon**

**1 Tbsp flax seed**

**1/4 cup coconut oil**

**1/3 cup + 1 Tbsp maple syrup, agave or honey if not vegan**

**1 tsp vanilla extract**

**1 medium ripe banana**