

CRUNCHY MUNCHY GRANOLA

Recipe by Stanford Health Improvement Program

Ingredients

- 6 cups old fashioned oats
- 1 ¼ cups nuts, coarsely chopped
- ¼ cup seeds
- 1/3 cup flaxseed meal or wheat germ
- 1/3 teaspoon cinnamon
- 3 large egg whites
- ¾ teaspoon salt
- ½ cup honey
- 1/3 cup extra-virgin olive oil
- 1 cup dried fruit, coarsely chopped

Directions

1. Preheat oven to 350° F.
2. Combine the oats, nuts, seeds, flaxseed meal or wheat germ, and cinnamon in a large bowl.
3. In another bowl, whisk the egg whites and the salt until frothy. Whisk in the honey and the olive oil.
4. Add wet ingredients to dry ingredients (leaving out dried fruit), and stir until the oats are evenly coated.
5. Transfer mixture to two rimmed baking sheets and spread flat. Bake for about 30 minutes, flipping with a spatula every 10 minutes to move granola from the outer edges to the center of the sheet. If the granola starts to brown too much at the edges, gently stir those parts into the middle.
6. Cool completely on pan, then transfer to a bowl and gently stir in the dried fruit.

Makes 30 servings (1/4 cup each).

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