GRANOLA

PREP TIME: 10 min

SERVINGS: 3-4

INGREDIENTS

- 1 ½ cup of oatmeal
- ½ cup of PB
- ¼ cup honey or syrup

Optional add ins: cranberries, chia seeds, sunflower seeds, cinnamon, dried fruit, cereal



PREPARATION

1. Preheat oven to 325 degrees.
2. Warm peanut butter and honey in the microwave for 20 seconds. mix together.
3. Mix in oatmeal and any other add ins. Mix until well combined. Press mixture into a lightly greased baking sheet.
4. Bake in the oven for 20-30 minutes until edges are golden brown. Let cool completely. Crumble and enjoy.

NUTRITION NOTES

Oatmeal is a good source of fiber and creates a hearty base for this homemade granola. Peanut butter adds protein and healthy fats, which can help make the granola more satisfying. The honey/maple syrup in this recipe contributes sweetness while also helping the ingredients stick together (use the amount that fits your taste preference). Making granola at home allows you customize flavors with additions like cinnamon, nuts, seeds or dried fruit.

Try pairing this granola with yogurt and fruit for a balanced breakfast or snack.