



Healthy Granola

Serves 16

3 cups rolled oats
1 cup slivered almonds
1 cup cashews
½ cup sunflower seeds
1 cup pistachios
¾ cup shredded sweet coconut
1 cup honey
1 cup golden raisins
1 cup dried cranberries (craisins)
Salt to taste

1. Combine all ingredients into a large bowl and stir to coat thoroughly
2. Pour granola mixture onto a large baking sheet that has been lightly sprayed with olive oil.
3. Bake in a 300-degree oven for about 1 hour or until golden. Stir every 15 minutes.
4. Allow to cool and enjoy!

Nutritional Analysis

Serving Size: ½ cup

Calories	525
Total Fat	25g
Saturated Fat	4g
Cholesterol	0mg
Sodium	166mg
Carbohydrates	69g
Dietary Fiber	8g
Sugars	37g
Protein	15g

Diabetic Exchanges:

Protein	2
Fat	5
Carbohydrates	5