

YUMMY MUMMY

GRANOLA



Ingredients:

- 3 CUPS Oatmeal
- 1 CUP Shredded Unsweetened Coconut
- 1 CUP Walnuts, Chopped
- ¼ CUP Wheat Germ
- ¼ CUP Unsalted Pepitas
- 2 TBSP Coconut Oil
- ½ TSP Sea Salt
- 1 CUP Maple Syrup
- ½ TSP Cinnamon
- 1 LG Egg
- 1 ½ CUPS Fruit
- Optional – ¼ CUP Chia Seeds or Flaxseed

Instructions:

- Preheat Oven to 300 degrees.
- Combine all ingredients except the egg and fruit.
- Whisk the egg and add to the granola mixture.
- Spread the mixture in a parchment covered cookie sheet.
- Bake 20 minutes then use a spatula to flip over sections and bake for another 20-25 minutes (Total cooking time: 40-45 minutes.)
- Let the granola cool completely.
- Break it up.
- Add fruit.
- Enjoy.

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Mommy's Survival Guide
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