

## NUTS FOR GRANOLA

### Wet ingredients:

1 1/2 cup sweetener - any combination of the below: honey, pure maple syrup, rice syrup, agave, brown sugar  
1 cup oil (avocado, regular olive, not extra virgin)  
2 teaspoon kosher salt  
1 tablespoon + 1 teaspoon vanilla extract  
1/3 cup egg whites

### Dry ingredients:

5 cups rolled oats  
1 cup puffed millet  
1 cup puffed rice  
4 cups nuts and seeds (any combination of sunflower seeds, flaxseeds, sliced almonds, chopped pecans, walnuts, pepitas, cashews, etc.)  
1 cup mini chocolate chips - optional  
1 cup of dried fruit (dried blueberries, chopped dried apricots, chopped dried mango, raisins, dried cranberries, etc.)

Preheat oven to 300 degrees. Line two or three large rimmed cookie sheets with parchment paper, silicone mats, or nothing, but a little spray.

Heat all of your wet ingredients, except for egg whites in a small saucepan until melted and combined.

In a large bowl, toss together the rolled grains and/or oats, nuts, and seeds. Taste it, taste it, make sure it tastes balanced, sweet enough, but not too sweet. You can add more oats, rice etc...

Don't add the fruit yet! You'll add that after you've baked the granola. (The dried fruit is added after it's baked). Whisk the egg whites until very frothy.

Pour the warm mixture over the grain/nut/seed mixture, and toss until evenly coated. Add egg whites and combine well again. Spread granola on cookie sheets in THIN LAYER, and bake for approximately 30 minutes, rotating the pans and switching racks after 15 minutes, until the granola turns golden brown. It may need another 15-20 min. Let cool slightly, then toss in the dried fruit and chocolate chips while still warm.

Store in an airtight container (it should keep for up to a month at room temperature).

NOTES – for the dried ingredients, you can generally have any equivalents of those above. For example, if you do not have puffed millet, just add more rice and or oats. Same goes for the nuts and seeds.