

Lifestyle Coaching and Food Institute



Breanna's Granola

Yield: 3

Cook Time: 7 minutes

Ingredients:

- 1 cup oats
- 2 oz. almonds
- 2 oz walnuts

- ½ tsp cinnamon
- 1 Tbsp brown sugar or low-calorie sugar blend such as Splenda brown sugar blend
- 1 Tbsp olive oil

Directions:

- 1. Preheat oven/toaster oven to 250°F
- 2. Mix oats, almonds, walnuts, cinnamon, and sugar or sugar substitute
- 3. Add olive oil and mix
- 4. Place on a baking sheet and bake for 5 minutes

Cooking times may vary, keep an eye out to prevent burning