

Healthy Granola with Greek Yogurt, Apples and Cinnamon

Ingredients:

- 1 small apple, cored and chopped
- 1/2 cup Greek yogurt, plain
- 1/4 cup Healthy Granola (recipe below)
- 1/4 to 1/2 tsp. cinnamon

Directions:

1. Prepare Healthy Granola. Reserve 1/4 cup and store the rest in a Ball jar.
2. Core and chop apple.
3. Mix yogurt, cinnamon and apple. Top with Healthy Granola

Easy Healthy Homemade Granola Recipe

Prep Time: 10 min., Total Time: 30 min.; Makes 4-6 servings

Ingredients:

- 2 cups raw, whole rolled oats (aka old fashion oats)
- 1/2 cup raw nuts, chopped
- 1/4 cup raw seeds (sunflower or pumpkin seeds are great)
- 2 Tbsp. chia seeds
- 1/2 cup unsweetened dried fruit, chopped (optional)
- 2 Tablespoons grade-b maple syrup
- 2 Tbsp. virgin coconut oil, melted
- 2 tsp. cinnamon
- 1/2 tsp vanilla extract
- 1 large pinch fine sea salt

Directions:

1. Preheat the oven to 300° F.
2. Combine all ingredients on a baking sheet and use your clean hands to mix well and toss to coat. If you prefer a spatula works well, too.
3. Spread the mixture in a thin layer on a baking sheet and bake for 10-20 minutes, until very lightly toasted. Cool before serving or storing. This granola can be kept in an airtight container in a cool, dry place for up to 2 weeks.

Be creative with the ingredients. I use a mix of nuts but you might like pecans with dried cherries, walnuts with cranberries, apricots with almonds, or dates with hazelnuts. You can add a variety of seeds as well, such as sesame,