

MAPLE AMARANTH GRANOLA

INGREDIENTS

- 1/2 C Amaranth (whole grain) (gluten-free)
- 1/2 C Rolled barley flakes
- 1 C Oatmeal (1 minute type)
- 1/4 C Pumpkin Seeds (raw) (shelled)
- 1/4 C Pecans
- 1/4 C Hazel nuts (toasted)
- 1/2 C Dried fruits (cherries &/or blueberries &/or cranberries &/or golden raisins)
- 1 T Sugar substitue **OR** Brown Sugar
- 1/4 C Maple syrup (low cal)
- 1 t Vanilla
- 1 T Olive Oil
- 1/4 t Kosher salt
- 1/4 t Ginger (powdered)
- 1/4 C Egg substitute
- Non-stick cooking spray

DIRECTIONS

- 1 Pre-heat oven to 325 F
- 2 Combine Amaranth, barley flakes, oats, pumpkin seeds, nuts, dried fruit & sugar
- 3 In a separate bowl, whisk together the maple syrup, vanilla, oil, salt & ginger & then add to the Amaranth mix & stir until thoroughly combined
- 4 Whisk the egg substitute until frothy & then pour it into the granola mix stirring thoroughly
- 5 Line a baking sheet that has short sides with foil or parchment paper & spray with the non-stick cooking spray
- 6 Spread the granola out onto the baking sheet and bake for 30-40 minutes, until slightly golden
- 7 Do not stir during baking but you may rotate baking sheet if needed to be sure it's baking evenly
- 8 Let cool completely & then break granola up into clusters
- 9 Store in an air-tight container for up to seven days.

