

Apple Pie Granola

If you are anything like me, you definitely want that granola on yogurt (or basically on everything). However, the store brands of granola are full of refined sugars and can get expensive for the higher quality brands. So, the solution? Make your own at home with wholesome ingredients. This granola is tossed with apples and spices for a little extra flavor and sweetness.

Ingredients:

2 medium	Apples
2 cups	Rolled oats
2 tbsp	Chopped pecans
2 tbsp	Unsweetened toasted coconut chips
2 tbsp	Honey (or agave)
2 tsp	Ground cinnamon
1 tsp	Apple Pie Spice
1 tsp	Ginger
3 sprays	Oil spray

Directions:

1. Preheat oven to 325 degrees F. Line a baking sheet with parchment paper and grease with cooking spray.
2. Wash and core apples, then chop apples into small pieces (1/4").
3. In a large bowl bowl, toss apples, oats, pecans, coconut, and honey. Mix/toss until honey coats most of the ingredients. Spread mixture evenly on parchment paper lined baking sheet.
4. Pour apples into a 9x13 baking dish and spread evenly.
5. Sprinkle with cinnamon, Apple pie spice, and ginger. Spray top with oil spray so that everything is well coated.
6. Bake for 30-35 minutes or until apples are soft.
7. Served best warm!

****PRO TIP:** serve with some Halo Top ice cream!!

****Store** in an airtight container for up to 1 week.

Nutrition Facts:

Servings: 12 servings (about 3 cups)

Serving size: ¼ cup (about 50g)

Apple Spice Granola		
Nutrition Facts		
Serving Size: 1 x 1/4 Cup		
Amount Per Serving		% Daily Value*
Calories	96.2 kcal	5 %
Total Fat	2.6 g	4 %
Saturated Fat	1.1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	1.5 mg	0 %
Total Carbohydrate	17.1 g	6 %
Dietary Fiber	2.6 g	10 %
Sugars	6.3 g	
Protein	2.1 g	4 %
Vitamin A	0 %	Vitamin C 2 %
Calcium	1 %	Iron 4 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at cronometer.com </>