



MONKFRUIT NUT GRANOLA



INGREDIENTS

- 1/4 cup coconut oil, melted
- 5 cups old-fashioned rolled oats
- 2 cups coarsely chopped pecans
- 3/4 cup sliced almonds
- 3/4 cup packed monkfruit golden sugar
- 1/2 cup honey
- 1 tbs vanilla extract
- 2 tsp ground cinnamon
- 1 tsp sea salt
- 1/4 cup water
- 3/4 cup dried fruit (cranberries, blueberries, raisins are my favorites)

DIRECTIONS

1. Preheat the oven to 250 degrees F.
2. Combine the oats, pecans, and almonds in a large bowl.
3. In a separate bowl, combine the monkfruit sugar, honey, melted coconut oil, vanilla, cinnamon, salt, and water.
4. Pour the liquid mixture over the oat mix and stir until combined.
5. Pour onto two baking sheets and spread evenly.
6. Bake 40 minutes, stirring halfway through to allow for even browning.
7. Raise the oven temperature to 300 degrees F and continue to bake until golden brown, 20 to 25 minutes.
8. Pour the cooked oat mixture into a bowl and stir in the dried fruit. Let cool.

Oats are a great source of soluble fiber which helps reduce the risk of heart disease.