

Breakfast | Snack

Honey Cinnamon Granola

Side Effect: Diarrhea

10 Mins
Prep Time

20 Mins
Cook Time

8
Servings

256 Calories **15g Fat** **30g Carbs** **5g Protein**



Ingredients

8 Servings • **½ Cup** Serving Size **30 Mins** Total Time **Allergens: Nuts, Gluten**

2 Cups Old Fashioned Rolled Oats

⅓ Cup Raw Walnuts

⅓ Cup Raw Almonds

½ Tsp Fine-Grain Sea Salt (scale back if using table salt)

½ Tsp Cinnamon

¼ Cup Vegetable Oil

¼ Cup Honey, **pasteurized**

1 Tsp Vanilla Extract

⅓ Cup Dried Cherries

Allergen Swap

Nuts Replace the walnuts and almonds with sunflower seeds or pepitas

Gluten Oats are naturally gluten-free, but for those with celiac disease look for certified gluten-free oats

Nourishment Note



Old-Fashioned Oats

Oats are rich in water-absorbing soluble fiber. This type of fiber can be especially beneficial for diarrhea, as it absorbs excess water in the bowel, potentially providing diarrhea relief.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Preheat Oven

Preheat the oven to 350° F and line a rimmed baking sheet with parchment paper.

3. Mix Ingredients

In a large bowl, mix together the oats, nuts, salt, and cinnamon. Drizzle the oil, honey, and vanilla over the oat mixture and blend until all ingredients are evenly coated.

4. Spread Granola

Spread the granola into an even layer onto the prepared baking sheet.

5. Bake Granola

Bake until golden, about 20 minutes, stirring halfway through. The granola will not be crispy coming out of the oven. It will crisp as it cools.

6. Cool Granola

Let the granola cool completely and then break in to pieces. Gently stir in the dried cherries. (If you're feeling a little crazy, mix in some chocolate chips as well!)

7. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: cookieandkate.com

What You'll Need



Large Mixing Bowl



Spoon



Measuring Cups



Measuring Spoons



Baking Sheet



Parchment Paper



Spatula

Fatigue Buster

- Store granola in an air-tight container to enjoy for 3-5 days.
- Ask a friend or family member to help prepare this dish.