

Natural Health Center

February Newsletter & Specials

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Crispy Granola Chunks

Oatmeal anyone? Give me a nice steaming bowl of apple and cinnamon or the boxed cold cereal version and I'm a happy camper. Which is why it was such a pleasant surprise to know that it's helping me stay heart healthy by lowering my cholesterol. I've heard the same ads and commercials that you probably have – and kinda ignored them as I'm already eating lots of oatmeal in the first place. But then I saw a cleverly done episode of 'Good Eats' and realized that I needed to be getting more of these oats into my hubby! Since he's not an oatmeal eater, I naturally thought oat cookies or granola. The episode talked about oatmeal cookies and his dislike of raisins. I personally LOVE the raisins, but I'll admit he had a clever idea to make them more 'adult'. He soaks them in rum for several hours or overnight and drains them before adding to the batter.

Did we try this? You bet! But to be honest, we didn't notice much of a difference. My hubby thought the sweetened Rum was nice though. So onto the granola we go. I personally like crispy granola, loaded with other healthy nuts and this recipe hits on all of that. Not a lot of sugar, very little oil and pretty darn easy. The hardest part is portion control. So instead of giving your sweetie chocolate this year (*what am I saying? Give chocolate!*), try making this recipe for them, or with them, and have a heart healthy Valentines day.

For more recipes and tips on healthy cooking visit www.essentialgrain.com.

12 generous servings at 208 calories.

2 cups thick rolled oats

1/2 cup raw sunflower seeds

1/2 cup raw pumpkin seeds

1/2 cup raw walnut halves/pieces

1/2 cup raw cashews

1/2 cup oatmeal

1/2 tsp kosher salt

2 tbsp coconut oil

3 tbsp Rapadura (or brown sugar)

3 tbsp Honey

1 tsp vanilla extract

- Place the first 5 ingredients on a sheet cake pan evenly and toast in a 350 oven for 15 minutes, stirring half way through.
- Take out of oven, turn down to 300 and let the toasted mix cool down.
- Next, mix the coconut oil, Rapadura, Honey and salt in a large microwaveable bowl. Cook on medium high setting until coconut oil is melted. Stir, and microwave on high for one minute. It should be fluffy and bubbly (the wondrous effects of caramelization, right before your eyes!).
- Stir in vanilla, add all of the toasted mix and stir until well coated.
- Line sheet cake pan with parchment paper and put the mix on the lined pan, distributing evenly. Pat down gently so it's relatively flat.
- Bake at 300 for 20-25 minutes, turning the sheet pan around after 10 minutes. You want the granola to be ever so lightly browned.
- Let cool and break into chunks. Store in an airtight container. Enjoy!

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