

Crispy Granola

snacks 

Ingredients

2 egg whites
¼ cup honey
½ teaspoon ground cinnamon
1 teaspoon vanilla
Dash salt
3 cups uncooked rolled oats
1 cup shredded coconut (optional)
½ cup sesame or sunflower seeds (optional)
½ cup chopped walnuts or almonds (optional)
½ cup raisins or other dried fruit (optional)

Directions

Preheat oven to 325°. Spray a large, shallow baking pan with cooking spray, set aside. Put egg whites in large bowl and mix with fork until frothy. Stir in honey, cinnamon, and salt. Add oats and all other optional ingredients (except dried fruit) of choice. Stir until ingredients are well coated with egg mixture. Spread mixture on baking sheet. Bake 20-30 minutes or until mixture is golden brown, stirring every 5 minutes. Remove from pan, add dried fruit if using, and cool completely until crispy and crunchy. Store in airtight container.

Yield:

6-8 servings

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