

Orange Pistachio Granola

BASED ON LIZ PRUEITT'S RECIPE ON FOOD 52.COM

THE WET INGREDIENTS

1/2 cup maple syrup or honey (60 ml), or combination of the two

6 Tbl coconut or brown sugar (60 g)

6 Tbl orange juice (90 ml)

1/4 tsp salt

1/3 cup olive or coconut oil (melted) (80 ml)

1 tsp vanilla extract

STEP 1

Preheat oven to 350 (180C).

Combine all ingredients in a medium saucepan, except vanilla.

Bring just to a boil, remove from heat, add vanilla.

Let cool until room temperature, about 30 minutes.

Recipe continued on page 2



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Orange Pistachio Granola Recipe, continued

THE DRY INGREDIENTS

- 3 cups rolled oats (old-fashioned) (240 g)
- 1 1/4 cups chopped pistachios (160 g) (or sub a mix of slivered almonds & pistachios)
- 1 cup unsweetened shredded coconut (80 g)
- 1/4 cup sliced (flaked) almonds (25 g)
- 2 Tbl chia seeds (20 g)
- 2 Tbl flax seeds (12 g)
- 3 Tbl sunflower seeds (30 g)
- 1/2 cup almond flour (60 g)
- 1 egg white

STEP 2

Combine all ingredients in a large bowl, except egg white. In a separate bowl, beat the egg white until frothy and add to the dry ingredients.

Add cooled liquid mixture and stir until thoroughly combined. On a parchment lined baking pan (1/2 sheet size), spread this mixture, cover with additional parchment and use another heavy pan to firmly and evenly press the mixture in the pan. Remove top parchment and put in preheated oven. Bake for 30-45 minutes, rotating pan every 15 minutes, checking for doneness.

Let cool - it will crisp up more when it's fully cooled.