



Nicolette's SuperStart Morning Granola:

This wholesome mixture of healthy grains, nuts and fruits is a good-to-go all morning breakfast or tasty after school snack. Each superfood ingredient gives a needed power burst of nutrition and flavor to an otherwise ordinary box of processed sugary cereal.

Dry Ingredients:

- 4 cups rolled oats
- 1-1/2 cups wheat germ
- 1 cup shredded coconut
- 1 cup chopped walnuts, almonds or pecans
- 1-3/4 cups Non fat dry milk powder
- 1/2 cup flaxseeds
- 2 Tbs light brown sugar
- 1 tsp cinnamon
- 1 tsp sea salt

Wet Ingredients:

- 2 egg whites
- 2/3 cup water
- 1/2 cup maple syrup, honey or agave
- 1/4 cup warmed coconut oil or butter

Add ins:

½ cup chopped dried fruit (cherries, cranberries, blueberries, raisins or chopped dates.

½ cup semi sweet chocolate chips.

Directions

Preheat oven to 300°F.

Combine dry ingredients in a large mixing bowl. In a small mixing bowl, stir together egg whites, water, maple syrup or honey and coconut oil. Pour into large bowl with dry ingredients and toss to combine. Leave granola mixture slightly clumpy. Spread out onto a baking sheet.

Bake for 30-45 minutes, stirring the mixture every 10 minutes, until dry and toasted. Mix in dried fruit and chocolate before it cools.

Store your granola in airtight containers. Serve it with milk or layer it with yogurt and fruit. Yum!

Eat Healthy! Be Happy!