

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Crunchy Apple + Almond Granola

2½ cups (625) old-fashioned rolled oats
1 cup (250 g) puffed quinoa or puffed rice or more oats
1 cup (250 mL) raw almonds, roughly chopped or other nuts of choice
½ cup (125 mL) unsweetened shredded coconut
½ cup (125 mL) raw pumpkin seeds
½ tsp (2.5 mL) cinnamon

¼ cup (60 mL) coconut oil
¼ cup (60 mL) maple syrup
¼ cup (60 mL) almond or peanut butter
1 tsp (5 mL) pure vanilla extract
¾ tsp salt

2 tbsp (30 mL) hemp seeds
½ cup (125 mL) dried apples, chopped

Preheat oven to 250F (120C) and line a baking pan with parchment paper. In a large bowl, combine the oats, nuts, seeds and coconut. In another bowl combine the maple syrup, oil and salt. Combine the two mixtures together and mix, then pour onto the baking sheet.

Cook for 1 hour and 15 minutes, stirring every 15-20 minutes to achieve an even golden colour.

That's it! Let it cool and harden, and then mix in the dried apples or other dried fruit (do not cook the dried fruit).

Makes 6 cups or 12 servings.

Enjoy granola on top of unflavoured yogurt, as a snack, sprinkled on top of a morning fruit bowl with some plant-based milk, used as decoration on top of your healthy banana ice cream (frozen banana blended to make ice cream, recipe on the Healthy Snacks episode), or decorate any other assortment of desserts and sprinkled on top of a smoothie to make it more filling.



Recipe courtesy of food writer, Lynn Ogryzlo

Episode: Eating My Way To Health

Email Lynn with questions or comments at FOOD101program@gmail.com

Get creative: add any nuts or seeds of your choice, or dried fruit such as dried cranberries or raisins, and even spices such as cinnamon or pumpkin pie spice. Make it differently each time for a new combination of flavours.

Because What You Eat Matters!