



## **Homemade Granola**

Makes: 6 servings

Recommended serving size: ½ cup

### Ingredients:

2 cups dry oats

1/4 cup almonds, sliced

2 tablespoons sesame seeds

1 tablespoon cinnamon

1/2 teaspoon salt

3 large egg whites

### Directions:

1. Preheat oven to 225 degrees F.
2. In large bowl, combine oats, nuts, seeds, cinnamon and salt.
3. In a mixing bowl, beat egg whites until soft peaks form. Fold egg whites into dry oat mixture. Stir gently until dry mixture is coated.
4. Turn oat and egg white mixture onto a cookie sheet lined with parchment paper.
5. Bake for 60 minutes, stirring every twenty minutes.

Nutrition information per serving: 90 calories, 12 grams carbohydrates, 4 grams protein, 3 grams fat