



Morning Sunshine Granola

By Stacey Neuhaus*

¼ cup of honey (Add more if you'd like.)
¼ cup of canola
3 cups of rolled oats
¼ slivered almonds
¼ cup of ground flax seed
¼ cup of sunflower seeds
1 tsp of spice mix
Zest of one orange

Measure the oil in a ¼ cup and pour out in a bowl. Without cleaning the cup, measure the honey and add to the bowl. (The honey won't stick as much in a pre-oiled cup!) Warm slightly in the microwave. Add the measured spice mix and combine well. Spread on parchment paper lined baking sheet. Stirring often, bake for 30 minutes at 275 degrees. When completely cool, store in an airtight container.

Spice Mix

1 tbsp cinnamon
2 tsp. nutmeg
1 tsp ground ginger
½ tsp ground coriander
½ tsp ground cloves

This mix will make enough for several batches. Store in an air tight container.

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*Adapted from a recipe shared by Linda Fahey of Hutchinson MN.