

Breakfast

Jaylyn's Raw Breakfast Granola

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Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 1/4 cup raw almonds, soaked overnight in water
- 1/4 cup raw walnuts, soaked overnight in water
- 1/4 cup raw sunflower seeds, soaked for 30 minutes
- 1/4 teaspoon cinnamon
- 1/2 cup almond milk (home-made and fresh if possible)
- 1/2 cup fresh fruit (banana, peach, apple, etc.)

Instructions:

Soak almonds and walnuts in the same container, let sit overnight. In the morning, rinse under cool running water.

Combine the almonds, walnuts and sunflower seeds in a food processor. Pulse to chop coarsely. (If you don't have a food processor, simply chop coarsely on a cutting board with a sharp knife.)

Sprinkle with cinnamon and mix to coat evenly.

Spoon into a bowl. Top with almond milk, and fresh fruit. Tastes wonderful with fresh peaches, apples, dried sugar-free cranberries, or other fruits.

Store extra granola in a sealed container in the refrigerator. Granola will keep for up to 2 days.

This recipe is extremely filling. I can't eat more than 1 cup of granola at a time. It lasts me all morning and into the afternoon.

Almond Milk: You can make fresh almond milk and freeze it. I do this and freeze it in 2 cup quantities in zip lock bags. Just lay the bags flat in the freezer so when its time to thaw them out, they thaw quickly.

Nuts: All nuts and seeds can be pre-soaked, rinsed, drained and patted dry with a paper towel, then sealed in zip-lock bags and stored in the refrigerator for up to 2 days. This is especially helpful when they require different soaking times.

Per Serving:

CALORIES 184; PROTEIN 7g; CARBOHYDRATES 10g; TOTAL FAT 14.5g; SATURATED FAT 1.4g; SODIUM 20mg; FIBER 3.3g; BETA-CAROTENE 119ug; VITAMIN C 2mg; CALCIUM 51mg; IRON 1.6mg; FOLATE 39ug; MAGNESIUM 81mg; ZINC 1.1mg; SELENIUM 7.6ug