

## Gingerbread Granola

Cut along dotted lines and fold in half for a handy 4"x6" recipe card.

# Gingerbread Granola

### Ingredients

- 2 1/2 cups rolled oats
- 3/4 cup raw slivered almonds
- 1/4 cup raw sunflower seeds
- 2 teaspoons flax seeds
- 3/4 teaspoon ground ginger powder
- 3/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/8 teaspoon salt
- Pinch nutmeg
- 1/3 cup agave nectar
- 1 tablespoon molasses
- 1/4 cup brown sugar
- 1/4 cup chopped dried apricots
- 1/4 cup golden raisins

Yield: 16 servings

### Directions:

Preheat oven to 300°F. In a large mixing bowl, combine the oats, almonds, sunflower seeds, flax seeds, and spices. In a separate bowl, whisk together the agave nectar, brown sugar, and molasses. Pour over dry mixture and stir until incorporated thoroughly.

Evenly spread the granola mixture onto a parchment-lined baking sheet. Bake until dry, stirring occasionally, for about 25 to 30 minutes. Cool slightly before adding apricots and raisins. Once cooled completely, store in an airtight jar or sealed bag.

Gingerbread Granola is a high-fiber, low-sodium snack with healthy ingredients: ginger softens digestive symptoms; almonds and sunflower seeds supply Vitamin E; flax seeds are rich in omega-3 acids; and dried apricots and golden raisins contain important antioxidants.

Herald the Holidays this season with the familiar flavors of warm gingerbread.

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