

Fresh Fruit Muesli

INGREDIENTS

- 2 peaches
- 2 nectarines
- 2 apples
- 3 oranges, divided*
- 1 banana
- 2 cups rolled oats or prepared granola (plus extra for topping)
- 2-4 tablespoons brown sugar, if needed
- 1/2 cup pecans, chopped
- 1/2 cup raisins or dried cranberries
- 3 cups plain yogurt

DIRECTIONS

1. Chop the peaches, nectarines, apples, 1 orange, and banana into 1/2-inch dice.
2. Squeeze the juice from the remaining 2 oranges over all of the chopped fruit, stirring gently to coat.
3. Stir in the rolled oats or prepared granola.
4. Taste the mixture. Add 2-4 tablespoons of brown sugar, if necessary. Sweetness will depend on the ripeness of the fruit.
5. Stir in the pecans and raisins/cranberries and let rest 10 minutes before serving.
6. Serve with a generous dollop of yogurt and a sprinkle of granola on top.

*Substitute 1/2 cup orange juice for 2 of the oranges.



Nutty Granola

INGREDIENTS

- 1/2 cup almonds, roughly chopped
- 1/2 cup pecans, roughly chopped
- 1/4 cup pepita pumpkin seeds
- 1/4 cup sunflower seeds
- 2 1/2 cups rolled oats
- 1/4 cup coconut oil
- 2 tablespoons maple syrup
- 2 tablespoons brown sugar
- 2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 cup hemp seeds
- 1/4 teaspoon salt, to taste

DIRECTIONS

1. Preheat oven to 325-degrees. Line a baking sheet with parchment paper.
2. Mix almonds, pecans, pepitas, sunflower seeds, and rolled oats in a large bowl.
3. In a small microwaveable bowl, add coconut oil, maple syrup, and brown sugar. Heat in microwave for 10-20 seconds until coconut oil is liquid and sugar begins to dissolve.
4. Add vanilla, cinnamon and salt to the melted coconut oil mixture and stir thoroughly.
5. Pour the mixture over the nuts, seeds, and oats mixture, stirring to thoroughly coat.
6. Add hemp seeds into the mixture, stir.
7. Spread granola into a thin, even layer on the prepared baking sheet. Press the mixture firmly with a spatula.
8. Bake for 40-45 minutes until light browned, rotating midway through for even cooking.
9. Let cool at room temperature for an hour. Break granola into your desired piece size and store in an airtight container.

