

INGREDIENTS:

- 2 large egg whites
- 6 Tablespoons maple syrup
- ¼ cup (60mL) pure maple syrup (see Notes!)
- 2 ½ tsp ground cinnamon (see Notes!)
- 2 cups (60g) crisp brown rice cereal
- 1 ½ cups (150g) old-fashioned rolled oats

DIRECTIONS:

1. Preheat the oven to 325°F, and line a rimmed baking sheet with a silicone baking mat (highly recommended!) or parchment paper.
2. In a large bowl, whisk together the egg whites until the egg whites are broken up and slightly bubbly. Whisk in the maple syrup. Whisk in the cinnamon until fully incorporated with no clumps.
3. Pour in the brown rice cereal and oats, and gently stir with a spatula until both cereals are evenly coated.
4. Spread the mixture evenly onto the prepared pan. Bake at 325°F for 20 minutes. Gently stir and move the clusters around the pan to break up the granola and prevent the bits closest to the edge from burning. Bake for an additional 10 minutes, then gently stir again. Bake for an additional 4-8 minutes (for a total of 34-38 minutes), or until the granola is crunchy.
5. Let the granola cool for 5 minutes before breaking apart any extra large clusters. Cool the granola completely to room temperature on the pan before transferring to an airtight container.