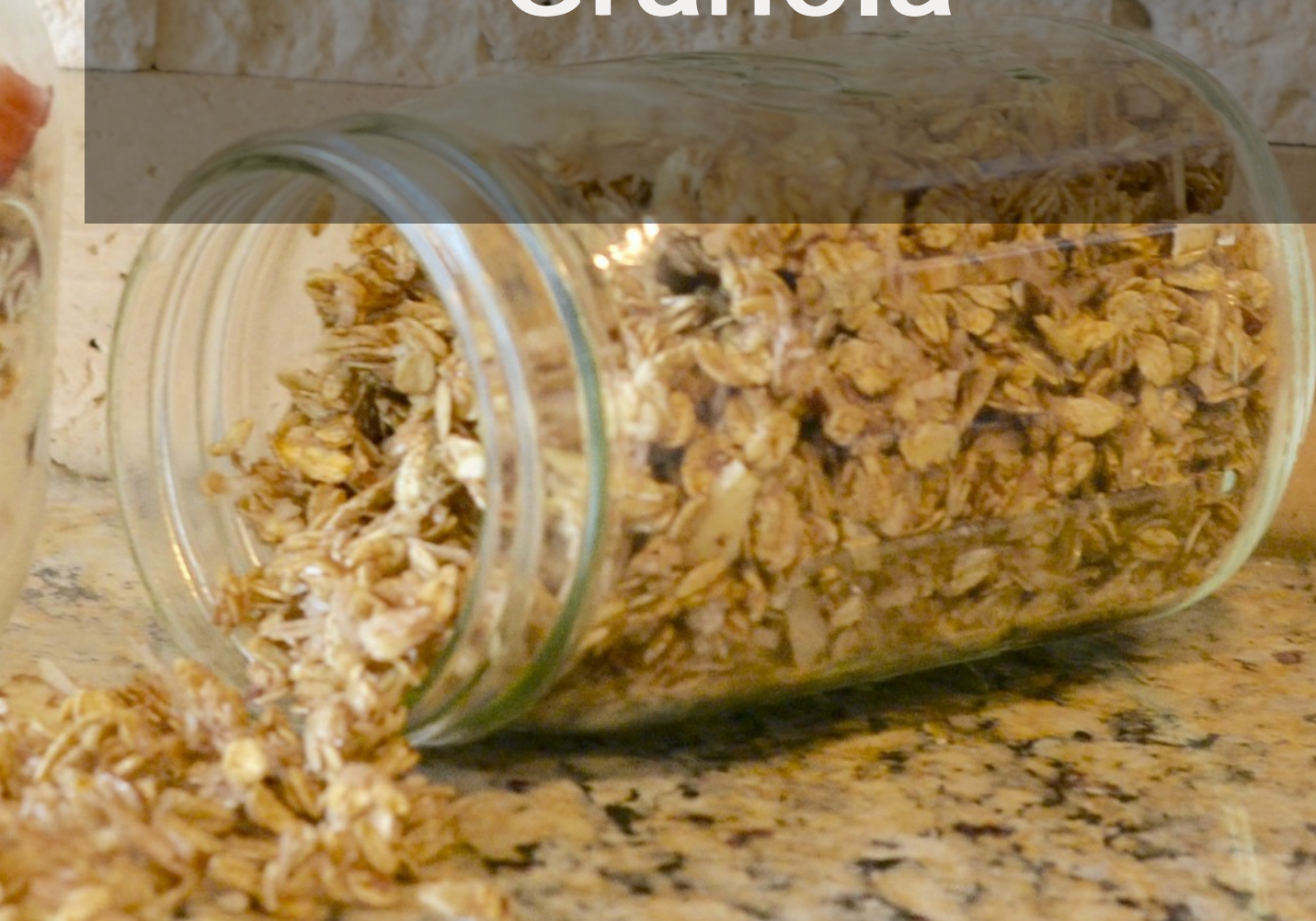


# Healthy Homemade Granola



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# Healthy Homemade Granola

I love granola. I can eat it by the bag, but it is one of those foods that seems like a healthy choice when you see it on the store shelf but despite the marketing label (organic! whole-grains!) when you read the ingredient list on the back of the package, it is usually riddled with sugar and processed ingredients.

Hubby asked me if I would pick up a bag of granola from the grocery store and after reviewing all the ingredient labels, I couldn't find even one that didn't have an added sugar as the first ingredient. Now, don't get me wrong, I eat junk food sometimes too (I'm not a robot) it's just that I don't like when the [foods that are supposed to be healthy turn out to really be junk food in disguise](#).

There is almost always a healthier alternative to any junk food we enjoy, so I did my research (aka Pinterest) like any good nutrition coach and found a healthy-ish recipe that I could adapt and make my own. You can find the [original recipe I used here](#).

I like the idea of homemade granola because I could control the ingredients and I didn't have to worry about any mystery additions. This is an easy recipe that even I could follow.



# Healthy Homemade Granola

## Healthy Homemade Granola Ingredients:

3 cups of old fashioned oatmeal

1 cup chopped raw almonds

1/2 cup raw honey (I used slightly less in an attempt to control sugar)

1/2 cup unsweetened coconut

2 teaspoons melted coconut oil

1 tablespoon cinnamon

1 teaspoon vanilla extract



homemade granola and yogurt parfait

# Healthy Homemade Granola

## Instructions:

Preheat oven to 350 degrees

Mix oats, almonds and coconut on a cookie sheet and toast for 15 minutes, stirring occasionally

Combine the honey, coconut oil, cinnamon and vanilla in a separate bowl

When the oats are toasted, add the toasted oats to the honey mixture bowl and mix well.

Line a baking sheet with wax paper and form a single layer of the toasted oats

Turn the oven off and then place the baking sheet back in the oven for 8 minutes to continue toasted in the warm oven.

Remove from the oven and let cool completely

Store in a cool dry place

They are not as cluster-y as the store-bought kind, but I'd dare to say even more delicious. But just like anything else with sugar (honey is a natural sugar), it should be enjoyed in moderation. This healthy homemade granola is a perfect topping for a yogurt berry parfait.

# Healthy Homemade Granola



healthy yogurt berry parfait

## YOGURT BERRY PARFAIT

Ingredients:

Plain Greek Yogurt

Sliced strawberries

Blueberries

Homemade granola

# Healthy Homemade Granola

Layer the yogurt, berries and granola for a healthy snack. Greek yogurt is high in protein, this makes an ideal post-run refuel with healthy fats, carbs, and protein.



Lea Genders is a NASM personal trainer and RRCA adult distance running coach that specializes in strength training for runners. She offers in-person training in the Fort Worth Shred Shed, online run coaching and nutrition coaching. If you are interested in a more in-depth running or strength training plan, please contact her at [www.leagendersfitness.com](http://www.leagendersfitness.com).