

Almond Butter Granola

This recipe can be made ahead and stored in an airtight container for up to a week or frozen. Mix it into yogurt or as a mid afternoon snack. Filled with superfoods for a great pick me up!

Ingredients: (*sf*-superfood, *asf*-almost super food)

2 ½ cup	old fashioned oats(<i>sf</i>)	½ tsp.	vanilla
¼ cup	flax seed meal (<i>sf</i>)	¼ tsp.	ground cinnamon
1/3 cup	almond butter (<i>sf</i>)	1/8 tsp.	ground nutmeg
1/3 cup	honey	¼ cup	sliced almonds (<i>sf</i>)
2 ½TbIs.	butter		

Directions:

Preheat oven to 275 degrees.

Combine honey, butter and almond butter in a heavy saucepan over low heat. Stir until melted. Add vanilla and spices. Mix well. Mix the oats and flax seed meal together with the nuts in a small bowl. Add the grain mixture into the almond butter mixture and stir until evenly coated. Line a baking sheet with foil. Spread the mixture evenly over the sheet and flatten into a solid sheet of "granola". Bake 20 minutes. Remove from the oven and flip the mixture over and press back down into a flat, solid sheet. Bake another 20 minutes or until the granola begins to brown. Remove from the oven. Allow to cool completely and break into pieces. Keep in an airtight container. Makes 4 cups. Mix it into yogurt at lunch time or use it as an afternoon snack. Try adding dark chocolate chips to make it even better! Before you remove it from the baking sheet, you can cut it into bars instead of breaking it up. Wrap individually.

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