



Sugar free Granola

Ingredients

- 3¾ cups rolled oats
- ½ cup chopped almonds
- ¼ cup unsweetened shredded coconut
- ¼ cup sesame seeds
- 2 teaspoons ground cinnamon
- ¼ teaspoon salt
- 3 large egg whites
- 1 teaspoon vanilla extract (*optional*)

Instructions

1. **Preheat** your oven to 225°F (110°C). Line a large baking sheet with parchment paper.
2. **Mix dry ingredients:** In a large mixing bowl, combine the oats, almonds, coconut, sesame seeds, cinnamon, and salt. Stir well to evenly distribute.
3. **Whip egg whites:** In a clean glass, metal, or ceramic bowl, beat the egg whites until stiff peaks form. If using, gently mix in the vanilla extract.
4. **Combine and coat:** Gently fold the whipped egg whites into the oat mixture until everything is evenly coated.
5. **Bake:** Spread the mixture evenly onto the prepared baking sheet. Bake for about 1 hour, stirring every 20 minutes to ensure even crisping.
6. **Cool:** Let the granola cool completely before storing in an airtight container