



Homemade Granola:

To prepare your own granola, start by preheating the oven to 325° F. Next place parchment paper over two large baking sheets and then set aside.

In a large bowl, combine:

- 4 cups of [rolled oats](#)
- 1 cup [vanilla protein powder](#)
- 3/4 cup [oat bran](#) or [wheat germ](#)
- 1/2 cup [sunflower seeds](#)
- 1 1/2 cups [chopped nuts](#)
- 1 teaspoon of [salt](#)
- 1/4 cup [brown sugar](#)

Combine and set aside.

1. Over low heat in a saucepan stir together 1/8 cup maple syrup, 1/2 cup of honey, 1/2 cup of [olive oil](#), 1/2 tbsp [ground cinnamon](#), and 1/2 tsp [vanilla extract](#).
2. Once it reaches a low boil, pour over the dry ingredients and then stir until well coated.
3. Spread this final mixture over the baking sheets and then place in your oven until crispy, about 20 minutes, stirring at halftime. Once finished, let cool before breaking apart and storing.