

HEALTHY GRANOLA

from the kitchen of monica duguid

ingredients

- 4 cups oats
- 1 or 2 cups of mixed nuts (optional)
- ½ cup quinoa (optional)
- ¼ cup mixed seeds (optional)
- ½ cup honey or maple syrup
- ½ cup coconut oil
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- Dried fruit & coconut flakes (optional)

steps

1. Mix all of the ingredients together in one big bowl ensuring everything is covered in coconut oil.
2. Bake at 350° F for 28 minutes.
3. After 15 minutes, remove from the oven and mix in coconut flakes.
4. Allow to cool before adding the dried fruit.
5. With a spatula, break up the granola and store.

BLUEBERRY MUFFIN SMOOTHIE

from the kitchen of monica duguid

ingredients

- ½ banana, frozen
- ½ cup blueberries, frozen
- ½ teaspoon lemon zest
- ¼ cup raw oats
- ½ cup milk
- 4 ounces vanilla Greek yogurt
- ½ cup ice

steps

1. Blend and enjoy!

