

## Omega-3 Granola

Makes ~14 servings

### Ingredients

4 cups old fashioned oats  
1/2 cup coconut oil or canola oil or melted butter  
1/2 cup maple syrup or honey  
1/2 cup ground flax seeds or chia seeds  
2 tsp cinnamon  
2 cups nuts (chopped or whole). Try walnuts, pecans and almonds.  
1/2 cup dried fruit (if desired, add after baking)  
1/2 tsp sea salt



Provides 400 calories, 6 grams protein per serving.

### Instructions

1. Preheat oven to 350
2. In a large bowl, add oats, ground flax or chia seeds, nuts, and salt.
3. In a separate bowl, melt coconut oil or butter. Add in maple syrup or honey, and cinnamon. Whisk to combine. Pour over oat mixture and stir to combine.
4. Spread granola onto a baking sheet. Bake at 350 for about 12 minutes, or until granola is golden brown. Add dried fruit to cooled granola.

### Nutrition Tips

- Oats can help with both constipation and diarrhea. They contain fiber to help keep things moving. Specifically, they provide water soluble fiber, which can help bind loose stools.
- Loose stool tip: To make this recipe work for loose stools, leave out the flax seeds, nuts and dried fruit and replace with 1/2 to 1 c almond or peanut butter.
- Constipation tip: To make this recipe work for constipation, add ground flax and extra dried fruit.
- Ground flaxseed is a good source of plant-based omega-3 fatty acids, an anti-inflammatory agent. They also provide 40mg magnesium per tablespoon. Some chemotherapies lower blood magnesium levels.
- Add walnuts, pecans, ground flaxseeds, pumpkin seeds for another boost of anti-inflammatory omega-3 fatty acids.