

Quick Omega-3 Granola

Making your own cereal is not only less expensive and better for the planet (less packaging), but it allows you to customize the recipe to make the perfect bowl to start the day. In this recipe, flaxseed is an incredible source of omega-3s.

Ingredients

4 tablespoons walnut oil, divided
¾ cup (packed) dark brown sugar
¼ cup egg whites
½ teaspoon (scant) kosher salt
3 cups organic old-fashioned oats
1 cup walnut halves, broken in half
½ cup flaxseed meal*
1 cup raisins, dried cranberries, or dried cherries
¼ cup honey



Preparation

Preheat oven to 350 degrees. Brush heavy large rimmed baking sheet with 2 tablespoons oil. Whisk 2 tablespoons oil, sugar, eggs whites, and salt in large bowl. Add oats, walnuts, and flaxseed; toss well.

Spread mixture evenly on prepared sheet. Bake 15 minutes. Using metal spatula, stir granola. Bake 15 minutes longer. Stir again. Sprinkle dried fruit over; drizzle with honey. Bake until golden brown, about ten minutes longer. Stir to loosen. Transfer to clean baking sheet to cool completely. DO AHEAD. Can be made 1 week ahead. Keep chilled in airtight container.

* Ground flaxseeds available in grain section of store. Makes about 6 cups.