



Raw Breakfast Granola Recipe

Here is a recipe for raw breakfast granola / cereal that makes an awesome, high energy, high power breakfast that you can make up in advance (no baking needed!) and enjoy throughout the week. It makes a wonderful alternative to bread, is much less expensive, and customizable! If you want to eat it as hot cereal, just add hot liquid (see below for suggestions) - not quite as raw but still really healthy and yummy. Mix with fresh apples, cinnamon, and pecans you have my version of apple pie for breakfast!

This makes a great start to the day - I find if I fuel up really well in the morning, especially when I have a long day ahead of me when I am not sure when I will get a chance to eat during the day, I am much more balanced and stable throughout the day, don't get too hungry, and have lots of energy to do the work I need to get done. This breakfast provides a lot of carbs and protein from the oats and the nuts (make sure to soak nuts overnight to help with digestion – see below).

One of my favorite combinations is (see below for proportions):

- Whole rolled oats
- Sliced Banana
- Cashews (soak overnight in filtered water + pinch sea salt - helps with digesting nuts better)
- Chopped dates
- Pinch of Sea Salt (brings out the flavor of the oats)
- Almond Milk

Mix dry items together, add the fruit, then add hot almond milk to get to the desired consistency. Combine at a ratio of ~2/3 oats (whole oats or quick oats), and then 1/3 of your choice of organic raw nuts (almonds, cashews, hazelnuts, walnuts, brazil), seeds (sunflower, sesame, flax), dried fruits (raisins, currants, dates, cranberries are yummy), and a pinch of sea salt to bring out the flavor. Delicious and raw served cold like cereal with fresh fruit and almond / soy / oat / rice milk / soy yogurt or even water.

I like to mix up a batch of this in a container with a lid, shake it up really well, and then keep it on hand ready to pour in the bowl. I don't bake it or cook it, just mix it up raw in the container. It is very filling, so a little goes a long way - maybe 1 cup of the dry cereal per serving, depending on your appetite and whether you add fruit and other things to it when you serve it. If your digestion is a little on the delicate side, I recommend using quick oats. If you want to warm up the liquid before adding to the cereal and then let it sit for a few minutes, it will slightly cook the oats and make them easier to digest, but you lose some of the benefit of the raw oats. You can also add in some oat bran or wheat bran for extra fiber and to make it softer on the digestion. Drink lots of water or other liquids during the day to help with digestion. Enjoy!



Best,

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