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Pumpkin Spice Crunchy Granola (E)

Nothing says it's Fall quite like pumpkin spice! Keeping on-plan granola in your cupboard (or freezer) will make quick breakfasts or snacks an absolute breeze! It's kid-friendly, too! This granola contains a nice amount of protein, but you can always feel free to add on Lazy Collagen Coffee (Trim Healthy Table, p. 466) or a Healing Trimmy (p. 463) for a little more. Totally hits the spot! (See the Recipe Notes below for serving suggestions.) This recipe is a variation of the "Crunchy Granola" recipe found in the "Blood Sugar-Balancing Breakfasts" section of Trim Healthy Table Cookbook, page 361. This recipe is a family-serve recipe that makes approximately 8 servings.

Serving Size: Approximately 8

INGREDIENTS:

- coconut oil cooking spray
- 6 cups old fashioned rolled oats
- 3/4 cup THM Baking Blend* (*Please see Recipe Notes for a NSI option.)
- 3/4 cup THM Pristine Protein Powder (unflavored)*
- 1 tsp mineral salt
- 1.5 to 2 Tbsp cinnamon
- 2 tsp pumpkin pie spice
- 3/4 cup THM Gentle Sweet (rounded 3/4 cup)
- 1/4 tsp THM Pure Stevia Extract Powder
- 3/4 cup egg whites, carton or fresh
- 1.5 Tbsp vanilla extract
(or, 2 tsp vanilla extract plus 2 tsp Natural Burst maple extract)
- 2 Tbsp THM MCT oil or, coconut oil

INSTRUCTIONS:

1. Preheat the oven to 300°F. Spray a large rimmed baking sheet with coconut oil.
2. Combine the dry ingredients in a large bowl. Add the egg whites, vanilla, and MCT oil and stir well so all the oats get fully dampened.
3. Spread the granola out on the baking sheet and bake for 45 to 50 minutes, tossing every 15 minutes.

See the following page for Serving Suggestions and NSI (No Special Ingredients) options.

SERVING SUGGESTIONS:

To serve, just measure out 3/4 cup granola into a bowl and top with chilled unsweetened nut milk. If it is not quite sweet enough for you, simply put 1/2 to 1 teaspoon THM Gentle Sweet (or sweetener of choice) in the bowl with your milk and stir. For a snack, make a parfait and top Greek yogurt with a generous handful of granola.

***FOR NSI (NO SPECIAL INGREDIENTS):**

- Replace the [THM Baking Blend](#) with a frugal flour option of half coconut flour and half oat fiber to stay E-friendly.
- Replace the [THM Pristine Whey Protein Powder](#) (unflavored) with a store-bought whey protein powder (see page 43 of Trim Healthy Table).
- Replace the [THM Gentle Sweet](#) and [THM Pure Stevia Extract Powder](#) with an on-plan, store-bought sweetener.



The [Pumpkin Spice Crunchy Granola](#) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.