**Gingerbread Granola**

This high-fiber, high-protein, low sugar-granola will keep your energy up for hours this holiday season!

**Ingredients:**

4c old fashioned rolled oats

2c nuts (pecans, walnuts, pistachios)

1/4c dried cranberries

1/4c candied ginger

1/4c ground flax seeds

1 tsp cinnamon

1 tsp ground ginger

1 tsp nutmeg

1/2c dried coconut flakes (do not mix in yet)

1/2c olive oil

3T maple syrup

1/4c molasses

2Tsp vanilla

**Instructions:**

1. Preheat oven to 300 degrees.
2. Mix dry ingredients: oats, nuts, dried cranberries, chopped candied ginger, and spices. Leave coconut flakes out.
3. Mix wet ingredients: olive oil, maple syrup, molasses, vanilla.
4. Mix wet and dry ingredients well, so every oat is coated and bakes up crispy!
5. Bake at 300 degrees for 10 minutes. Take out and mix in coconut flakes.
6. Bake for another 6-8 minutes at 300 degrees.
7. Store in an airtight container for 2 weeks.

**Notes:**

* Enjoy with pomegranate seeds, grapefruit or other winter fruit, along with Greek yogurt or plant-based yogurt.
* Various studies have evaluated ginger as an effective and safe treatment for nausea and vomiting in the context of pregnancy and as an adjuvant treatment for chemotherapy-induced nausea and vomiting. Ginger also has known anti-oxidant and anti-inflammatory properties.
* Ground flax seeds, pecans, and walnuts offer the plant-based form of Omega-3 fatty acids and pack a protein punch.