



Granola Recipes: The Ultimate Guide

By Kelly Kombs

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. * The Ultimate Granola Recipe Guide * Granola is typically a mixture of oats, nuts or dried fruits bound together with honey and oil, then baked. It can be baked in clumps for a looser granola cereal or pressed together to make bars. Store-bought granola can be filled with artificial ingredients and preservatives. By making it at home, you can control both the types of ingredients and their quality. We have collected the most delicious and best selling recipes from around the world. Enjoy! - Did You Know - Granola may reduce your risk for iron-deficiency anemia because oats are naturally high in iron. Granola may help you maintain a healthy weight or lose weight, which can reduce your risk for obesity-related chronic diseases such as heart disease or diabetes. Granola is healthy because it provides dietary fiber, which comes from plant foods such as fruit, vegetables, beans and whole grains. Take a peak at a few of the recipes inside! Acai Banana Granola Bowl Fig Almond Granola Bowl Pomegranate Granola Bowl Ginger Peach Granola Bar Cinnamon Dates...

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