

**SERVES 10**

# Sugar-Free Cinnamon and Banana Granola

(Diabetes-Friendly, Oil-Free, Vegan, Gluten-Free, No Sugar)

Isabellemckenzie.com | total time: 25 mins



## INGREDIENTS

- 1 tablespoon flax-seed meal or chia-seeds
- 2 tablespoons water
- 1 mushy very ripe banana
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground nutmeg
- 2 teaspoons pure vanilla extract
- 1/3 teaspoon salt
- 2 cups rolled oats
- 1/2 cup shredded coconut
- ½ cup chopped pecans
- 4 to 10 drops of Vanilla Stevia to taste \*optional for extra sweetness
- 1/3 cup unsweetened cranberries or 1/2 cup chopped unsweetened dried apples \*optional

## INSTRUCTIONS

1. Preheat to your oven 340°F. Grease or line a baking tray, and put to one side.
2. Whisk together the flaxseed meal and water in a bowl and allow it to sit for 5 minutes.
3. In a separate bowl mash your banana thoroughly and toss it in with the flax mixture. Stir in the cinnamon, nutmeg, salt, stevia and vanilla extract. Fold in coconut shreds, oats, and pecans, until well combined, and clusters form.
4. Pour your clusters onto a baking tray.
5. Bake for around 20 minutes, mix gently with a fork, and then cook for another 5 minutes.
6. Allow the granola to cool, and mix in optional dried apples or cranberries. Store in an airtight container.

If you give this recipe a go, don't forget to tag me on Instagram @itsisabellem and using hashtag #cookingwithisabelle

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