



## CITRUS AND SESAME GRANOLA

### INGREDIENTS:

- 2 lemons, zested
- ½ lemon, juiced
- 1½ oranges, zested and juiced
- 1/3 cup of extra virgin olive oil
- ½ cup pure maple syrup (or ¼ cup maple and ¼ cup honey)
- 2 egg whites
- 1 tablespoon vanilla extract
- 4 cups organic rolled oats
- 1 cup raw cashews
- ½ cup raw almonds or pecans
- ½ cup raw sunflower seeds
- ¼ cup raw sesame seeds
- ½ cup unsweetened dried coconut
- ¼ cup flaxseed, ground
- ¼ cup wheat germ
- 1 cup dried fruit (preferably peaches, apricots, and papaya)
- ½ cup plain or flavored organic kefir

### COOKING INSTRUCTIONS:

Heat oven to 350 degrees. Stir zest, juice, extra virgin olive oil, syrup, egg whites and vanilla together in a medium sized bowl. In a large bowl mix the oats, ½ of the nuts, ½ the sunflower seeds, all the sesame seeds and the coconut. Stir in syrup mixture. Spread thinly on two cookie sheets covered in parchment paper or tinfoil for easy cleanup. Bake for 15 minutes then stir granola on trays with a wooden spoon. Continue to bake for seven more minutes or until golden brown. Remove and cool. Stir in remaining nuts, flax seed, wheat germ and dried fruit. When completely cooled, store in airtight containers and enjoy for up to a month, or keep in freezer for up to six months. Serve with organic kefir and enjoy!

"I recently had the privilege of participating in a charity event to help further the research for optic nerve hyperplasia, the leading cause of blindness among children. As a long time advocate and teacher for children's health and nutrition, I was moved to hear that many of the foods that I champion are critical for optic health. The following recipe incorporates many of the foods recommended for building and maintaining eye health."

—Chef Domenica Catelli

