

Specific Carbohydrate Diet

Recipes

Swap This-for-That

Granola using
common Kitchen
Staples



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Recipe by **Kim Braly RD**

SCD GRANOLA

SCD | gluten free | dairy free

INGREDIENTS

- 4-5 C chopped nuts and seed mixture (I use whatever I have on hand – pecans, almonds, walnuts, pepitas and pumpkin seeds)
- 1 tsp cinnamon
- 1 C shredded coconut*
- 1 tsp salt
- 3/4 C dried fruit such as currants, blueberries, raisins, apricot pieces
- 3/4 C avocado, safflower, sunflower, grapeseed, coconut or mild olive oil (can use less to start out and add more if needed)
- 3/4 C honey
- 1 tsp vanilla

Toppings: Yogurt of choice, fresh fruit (banana, berries, kiwi etc.)

*Optional

DIRECTIONS

1. Preheat oven to 350°F.
2. Add larger nut pieces to a Food Processor or high powered blender and pulse until desired nut size is reached.
3. Mix dry ingredients together in a large bowl including salt.
4. Warm oil + honey + vanilla together in a pot on the stove until fully uniform.
5. Pour oil/honey/vanilla over the dry ingredients and fold to mix (while pouring). Taste test to see if any additional sweetener, spice, or salt is needed.
6. Spread granola mixture in a single layer onto sheet pan** and place in oven for 10 minutes.
7. Remove the pan from oven, stir/flip the mixture with a spatula and place back in the oven for another 10-20 minutes until mixture reaches desired golden glow.
8. Allow granola to cool in air-tight dry storage container with the lid off. Once cool, store in this container and use within 7-10 days.

NOTES

**You will likely need to make 1-2 batches depending on what size of sheet pan you use



Recipe by **Kim Braly RD**

MODIFIED SCD GRANOLA

MSCD | gluten free | dairy free

INGREDIENTS

- 4-6 C oats
- 4-5 C chopped nuts & seed mixture
- 1 cup shredded coconut*
- Giant pinch of salt*
- ¾ C dried fruit such as currants, blueberries, raisins, apricot pieces*
- ¾ C avocado, safflower, sunflower, grapeseed, coconut or mild olive oil
- ¾ C honey, agave or maple syrup
- 1 tsp cinnamon 1 tsp vanilla*

Toppings: Yogurt of choice, fresh or frozen fruit (banana, berries, kiwi etc.), sprinkling of hemp, flax and/or chia seeds

*Optional

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix dry ingredients together in a large bowl. Warm oil + sweetener + vanilla on stove over medium heat until mixture becomes uniform. You can taste test the mixture to see if you would like to add any additional salt, sweetener, or spices such as cinnamon.
3. Pour liquid ingredients over the dry ones and fold to mix while pouring.
4. Spread mixture ~1/4-1/2 inches thick (too thick and it will not toast well) onto sheet pan** and place in oven for 10 minutes
5. Remove the pan from the oven, and stir/flip the mixture with a spatula and place back in oven for another 10-20 minutes until the mixture reaches desired golden glow.
6. Allow granola to cool in air-tight dry storage container with the lid off. Once cool, store in this container and use within 7-10 days.

NOTES

**You will likely need to make 1-3 batches depending on what size of sheet pan you use