



## Challenge Day 3

# Chew's Challenge



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## Cranberry Pecan Granola

### Ingredients

#### PART 1- CASHEW CREAM

1/2 cup cashews  
1/2 cup water

#### PART 2- GRANOLA

8 cups whole oats  
1 1/4 cups raw sugar  
1/2 cup fruit juice or water  
1 cup cashew cream  
1 1/2 tsp salt  
1 cup cranberries  
1/2 cup pecans



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## Sunrise Cereal with Gourmet Toppings

### Ingredients

#### COOKED GRAIN BASE

2 cups whole oats or other grains  
2 cups water

#### FLAVORED OATMEAL

1 cup cooked grain  
2 Tbsp sugar  
Pinch of salt  
1/4 cup dairy-free milk

#### TOPPINGS

Fresh fruit  
Dried fruit  
Cooked fruit  
Nuts  
Granola

