

YOUR GUIDE TO GRANOLA



1. Choose Organic

Oats are one of the most highly sprayed crops and contain higher levels of glyphosate and pesticides.

2. Avoid Seed Oils

Industrial seed oil, or vegetable oil, are products like soybean, corn, safflower, canola and cottonseed oils. These are toxic.



3. Avoid Processed Sugar

Look for granola that has less than 10 g of sugar per serving. Choose whole food sweeteners like coconut sugar and maple syrup.

4. Avoid Natural Flavors

Natural flavors and artificial colors can be added to food without being confirmed as safe. They are 90 percent chemicals.



5. Go Sprouted

Sprouting is one of the best ways to extract the most nutrients from your food! It also improves digestibility.

Uplevel your Granola Game with Superfoods!

CHECK OUT MY FAVORITE GRANOLA BRANDS!

WWW.SUNBEAM-WELLNESS.COM

