



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

# Clean & Lean Revolution

## Hot Granola Recipes

**FOUNDATIONS – BUILD YOUR MEAL PLAN**  
**Pick three-four dinner recipes that offer ten servings**

### HOT GRANOLA WITH PEAR AND ALMOND MILK

SERVES ONE (360 Calories)

200 calories Gluten Free (GF) granola

2/3 cup unsweetened almond milk

chopped pear



### INSTRUCTIONS

Combine ingredients in small glass bowl.

Heat for 45 seconds to 1 minute in the microwave and let stand 1 minute.