

VITAMIN G

DAILY HEALTH & FITNESS BLOG

Breakfast at Your Desk: Pumpkin Pecan Granola

Good morning! Doesn't a bowl of crunchy pumpkin pecan granola sound nice on an almost-fall September morning? I recently tried a bag of some really delicious granola, and I wanted to tell you about it ...



I recently tried a sample of [Laura's Gourmet Granola](#). I'm a huge pumpkin fan, and I loved the Pumpkin Pecan flavor, which had a great spicy fall flavor. Laura's granola is made by a chef (her name is Laura Slama) with all-natural ingredients--nothing weird or artificial. Definitely worth trying if you can find a store near you that sells the granola--available at some Whole Foods stores, and beyond. You can also buy it online, [here](#).

Only gripes: Wished the ingredients made use of more organics and oddly, there's nothing "pumpkin" on the ingredient label. But, the spicy flavor was so good--it fooled me into thinking that my favorite squash made an appearance! I definitely detected cinnamon, allspice and ginger--yum!

Enjoy!

P.S. Looking for more healthy breakfast ideas? [Check here](#) for some great options.