



Granola: Basics / Create your Own Signature Blend

Ingredients:

Basics:

4 cup rolled oats (not instant)
1/2 cup *real* maple syrup
1/3 – 1/2 cup extra virgin olive oil or other oil of your choice
1 teaspoon salt

Nuts and Seeds: Mix nuts and/or seeds in any combination totaling 1 ½ - 2 cups:

Raw pumpkin seeds
Raw sunflower seeds
Pecans
Walnuts
Pistachios
Almonds
Hazelnuts
Cashews
Sesame seeds

Dried Fruit: add any combination totaling 1 – 1 ½ cups:

Dried apple rings, cut into bite sized pieces
Coconut flakes or chips
Dried cranberries
Raisins (if using golden raisins, add after the granola has baked)
Currants
Dried cherries
Dried apricots, cut into bite sized pieces (add to granola after it is baked)

Optional spices and flavorings (select 1-3 from the list below)

½ - 1 teaspoon cinnamon
½ - 1 teaspoon cardamom
½ - 1 teaspoon allspice
1/8 – ¼ teaspoons ground cloves
zest of ½ orange
zest of 1 lemon
1 teaspoon vanilla extract

Procedure:

1. Preheat oven to 300 degrees.
2. In a large bowl, combine oats, dried fruit and seeds and mix well.
3. In another bowl, combine maple syrup, oil, salt and any spices/flavorings.

Setting the Table



4. Pour wet mixture over oats and mix until all ingredients are well coated.
 5. Spread mixture in one even thin layer on two sheet pans. Bake for 12-15 minutes, stirring twice during the baking process and rotating the pan if the granola is browning unevenly. Be careful not to overcook—the oats should be very lightly browned and may still be a bit wet when they come out of the oven. They should crisp up as they cool.
- Allow the granola to fully cool, then store in airtight container for up to 3 months.
 - Enjoy of for breakfast with milk, as a snack, or serve with yogurt and fresh fruit.

Some delicious combinations:

- **Cinnamon, apple, walnut, raisin**
- **Cardamom, pistachio, apricot, coconut**
- **Cherry, allspice, vanilla, pumpkinseed, pecan**
- **Cranberry, lemon zest, almond, sunflower seed, allspice**

Hazon generously thanks Linda Lantos for her contribution to Setting the Table and creation of this recipe