

Sesame Seeds / Ginger Powder / True Cinnamon

Homemade Granola



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FEATURING

OUR ORGANIC SESAME SEEDS

Sesame Seeds / Ginger Powder / Garlic Granules

Baked Honey Sesame Chicken



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The best thing about homemade granola (besides the fact that it is so delicious), is you can choose your favorites for everything that goes into the final product. You can use this recipe as a guide, and then add or change the nuts, dried fruits, or sweetness. In this recipe, True Cinnamon, Ginger Powder and Sesame Seeds are added for the great extra flavors and textures. It is so good sprinkled over fresh fruit, yogurt, ice cream, hot cereal, or just as a snack by itself. Enjoy the wholesome goodness of this yummy natural treat.

Ingredients:

4 cups oats (not quick-cooking)	1/2 cup water	1/4 cup pumpkin seeds
1/2 cup canola oil	1 Tblspn vanilla extract	2 Tblspns sunflower seeds
1/2 cup maple syrup	2 Tblspns True Cinnamon	2 Tblspns Sesame Seeds
1/4 cup honey	2 tsp Ginger Powder	1/2 cup shredded coconut
1/4 cup brown sugar	1 tsp salt	1 cup each: chopped dates & raisins
	1 cup each: chopped pecans, chopped walnuts, chopped almonds	1/2 cup wheat germ or oat bran

In a small saucepan, combine the syrup, honey, brown sugar, oil and water. Heat slightly and then set aside. In a large bowl, combine all the other ingredients and mix well. Pour the heated honey mixture over the dry ingredients and blend thoroughly. Spread the granola onto a large cookie sheet and bake in a 225 degree oven for 2 hours, turning the pan and stirring the mixture every 20 minutes. Cool the baked granola completely and then store it in an airtight container.

This easy recipe may make you rethink ordering Chinese take-out Sesame Chicken ever again. It takes lightly pan-fried chicken and then cooks it in a honey sauce perfectly spiced made with Ginger Powder and Garlic Granules. The sauce thickens as it bakes, and then the final dish is sprinkled with sesame seeds and green onions for the crowning textures and delicious Chinese flavors. So good - it's an absolute - "Winner-Winner Chicken Dinner!"

Ingredients Chicken:

4 chicken breasts, cut into
one inch cubes
Salt & Pepper
1 cup cornstarch
3 eggs, slightly beaten
1/4 cup canola oil

Ingredients Sauce:

3/4 cup honey / 3/4 cup soy sauce
1/2 cup ketchup / 1/2 cup brown
sugar
1 tsp sesame oil
1 Tblspn Cooking Sherry
1 tsp Ginger Powder

1 tsp Garlic Granules
1 Tblspn corn starch

For The Garnish:

2 Tblspns Sesame
Seeds (toasted)
3 green onions, chopped

Salt and pepper the chicken cubes. Cover each cube with the cornstarch and then dip them in the beaten eggs. Heat the 1/4 cup of canola oil in a fry pan over medium high heat. Fry each cube in the heated oil until lightly browned. Place the fried cubes in a 9 x 13 inch glass baking dish. Make the sauce by combining all of the sauce ingredients in a mixing bowl and stirring until fully combined. Pour the mixed sauce over the chicken cubes in the baking dish. Place the baking dish in a 325 degree oven and bake for 45 minutes, stirring the sauce and spooning it over the chicken every 15 minutes. Remove the pan from the oven and, just before serving, sprinkle the chicken with the toasted sesame seeds and chopped green onions.

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