



## EASY HOMEMADE GRANOLA

It's so easy to whip up a batch of granola, and so much better when you can control the ingredients. You can be sure that everything you use is of the best quality and you can exclude any ingredients that you don't like or might be sensitive to, and ensure that it's not oversweetened.

When you control the ingredients it also allows you to avoid boredom by making it a little different each time. You can also make as little or as much as you need so it's easy to have something different all the time. This recipe makes a little over 2 cups of granola which will last a few servings (depending on whether you eat it by the bowlful or just sprinkle it on things) so halve it when you want to try something new and double it for your favourite combos.

### INGREDIENTS

#### Dry

- 1 cup uncooked old fashioned (slow cooking) oats
- ¼ cup chopped nuts (see below)
- ¼ cup ground flax seeds
- ¼ cup hemp hearts

#### Wet

- ¼ cup avocado oil
- 2 tablespoons maple syrup
- ¼ teaspoon Himalayan salt or sea salt

### INSTRUCTIONS

1. Preheat oven to 325°F. Line a sheet pan with parchment paper or a silicon sheet
2. In a large bowl, mix together all the dry ingredients
3. In a smaller bowl, whisk together the wet ingredients until emulsified
4. Drizzle the wet ingredients over the dry and stir until well incorporated and everything sticks together nicely.
5. Spread out evenly onto the sheet pan
6. Bake for 12 minutes; the granola will still be a bit sticky and soft when you remove it from the oven but will crisp up as it cools.

Store in a sealed container.

### Options

Nuts: Try almonds, hazelnuts, pistachios, walnuts, brazil nuts, macadamia nuts, cashews, pecans or a mix of any or all of those!

Other tasty additions: coconut flakes, chopped dates, dried berries or fruit, flaked wheat, barley or spelt, millet

For some spicy flavour add a dash of these to the wet mix: cinnamon, cardamom, pumpkin pie spice, ground chai spice, vanilla

For chocolate granola: after you mix the wet with the dry, sprinkle with 2 heaping tablespoons of unsweetened cocoa powder and incorporate; add more if you want it extra-chocolaty