

Blood Type Diet Recipe: Granola

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### **Athalie's Granola (half recipe)**

Yield: about 4 cups

- 2 cups rolled oats
- 1 cups nuts - mix your favorites, like almonds, walnuts, cashews and pecans
- 1/4 t sea salt
- 1/2 t cinnamon
- 1/4 cup Barbados molasses
- 1/4 cup vegetable oil
- 1/2 t vanilla
- 1 cups diced dried apricots
- Preheat the oven to 350 F. Line *aluminum* sheet pan with parchment and place silicone mat on top [to reduce the chance of scorching the granola].
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- Combine the oats and nuts and distribute oat mixture evenly on the sheet pan.
- Bake for 15 minutes.
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- Reduce oven temperature to 325F.
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- Dump oats and nuts into large mixing bowl. Combine the molasses, oil, salt, cinnamon and vanilla and combine thoroughly with oat mixture. Spread evenly on silpat. Return to the oven for 20 more minutes, or until browned, stirring once or twice while baking.
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- Transfer to a large bowl and cool thoroughly, stirring occasionally to break up the clumps.
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- Add the dried fruits of your choice.

Revised:

7 March 2024