

Blood Type Diet Recipe: Granola

https://dadamo.com/recipes/recipe_depictor.pl?698 (40 votes)

Athalie's Granola (half recipe)

- 2 cups rolled oats
 - 1 cups nuts - mix your favorites, like almonds, walnuts, cashews and pecans
 - $\frac{1}{4}$ t sea salt
 - $\frac{1}{2}$ t cinnamon
 - $\frac{1}{4}$ cup Barbados molasses
 - $\frac{1}{4}$ cup vegetable oil
 - $\frac{1}{2}$ t vanilla
 - 1 cups diced dried apricots
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- Preheat the oven to 350 F.
 - Combine the oats and nuts. Place silpat in large sheet pan; distribute oat mixture evenly.
 - Bake for 15 minutes.
 - Combine the molasses, oil, salt, cinnamon and vanilla.
 - When oats and nuts are removed from the oven, reduce oven temperature to 325F.
 - Stir in the molasses mixture and combine thoroughly and spread evenly on silpat.
 - Return to the oven for 20 more minutes, or until browned, stirring once or twice while baking.
 - Transfer to a large bowl and cool thoroughly
 - Add the dried fruits of your choice.

Revised: 1 March 2024