

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

- 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.

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