

Granola

 (40 votes)

Category: Breakfast

Description:

Athalie's Granola

Ingredient list:

- 4 cups rolled oats
- 2 cups nuts - mix your favorites, like almonds, walnuts, cashews and pecans
- 1/3 cup brown sugar [or use a BTD compliant substitute]
- 2 Tablespoons flour
- 1 teaspoon cinnamon
- 1/2 teaspoon sea salt
- 1/3 cup honey [or use a BTD compliant substitute]
- 1/2 cup vegetable oil
- 1 teaspoon vanilla
- 2 cups diced dried fruits such as pears, apples, apricots, and raisins

How to make it:

- Stir the oats and nuts together.
- Bake in a large shallow pan in a 350°F oven for 15 minutes.
- Mix the brown sugar, flour, cinnamon and salt thoroughly.
- Combine the honey with vegetable oil and vanilla, mixing well.
- When oats and nuts are removed from the oven, stir in the brown sugar and flour mixture.
- Blend in the honey mixture, combining thoroughly with the dry mix.
- Spread evenly in the shallow pan.
- Return to the oven for 10 more minutes, or until golden, stirring once or twice while baking.
- Transfer to a large bowl or cool shallow pan and let cool.
- Add the dried fruits of your choice.

Note: