



HARVEST OF THE MONTH

Ingredient: Grains

F2S Granola

PREP TIME:	10 minutes
COOK TIME:	1 hour 5 minutes
TOTAL TIME:	1 hour 15 minutes
SERVINGS:	10 Servings
AUTHOR:	Adapted from cookieandkate.com

INGREDIENTS

4 cups old-fashioned oats
1 ½ cup raw nuts and/or seeds
¾ tsp salt
¾ tsp cinnamon
¼ tsp ginger
½ cup melted coconut oil or olive oil
½ cup maple syrup or honey OR 1/3 cup brown sugar
1 tsp vanilla
⅔ cup dried fruit, chopped if large
½ cup unsweetened coconut flakes (optional)

INSTRUCTIONS

1. Preheat oven to 350°F, and line a baking sheet with parchment paper.
2. In a large bowl, combine the oats, nuts and/or seeds, salt, cinnamon, ginger, and coconut, if using. Stir to blend.
3. Pour in the oil, maple syrup (or honey or brown sugar) and vanilla. Mix well. Pour the granola onto your prepared pan, and use a large spoon to spread it in an even layer.
4. Bake until lightly golden, about 20 to 25 minutes, stirring halfway (for extra-clumpy granola, press the stirred granola down with your spatula to create a more even layer). The granola will further crisp up as it cools.
5. Let the granola cool completely, at least 45 minutes. Top with the dried fruit. Break the granola into pieces, and store in an airtight container at room temperature.