

HAPPY TO: FROM: HOLIDAYS to YOU!

OUR FAVORITE GRANOLA

3 cups rolled oats	1 teaspoon fine sea salt
1 cup nuts – any combination of pistachios, almonds, walnuts – roughly chopped	1/2 cup light brown sugar (or a bit less)
1 cup unsweetened coconut flakes	1/3 cup extra virgin olive oil
1/3 cup pumpkin seeds	1/3 cup maple syrup
1/3 cup sunflower seeds	3/4 cup dried sour cherries or other dried fruit

Preheat oven to 300 F. In a large bowl, mix together the oats, nuts, coconut, seeds and salt.

In a small saucepan set over low heat, warm the sugar, olive oil and maple syrup until the sugar has just dissolved, then remove from heat. Drizzle this liquid slowly into the dry mixture, stirring to make sure the dry ingredients are coated well.

Spread mixture thinly on a large rimmed baking sheet lined with parchment paper.

Bake until crisp and lightly golden, and a deliciously sweet aroma is wafting throughout your kitchen, about 35 to 40 minutes, stirring granola a few times along the way.

Remove granola from oven. Allow to cool to room temperature before mixing in dried fruit and transferring to an airtight container for storage. The granola can be stored up to 3 weeks without refrigeration.

Enjoy!

Find this recipe and others like it at kp.org/foodforhealth

FOOD *for*
HEALTH

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