

Easy Homemade Granola

Swick

Makes 3 cups | Active Time: 10 minutes | Total Time: 30 minutes

Chef's Notes

For the nuts, use any type or combination that you like or have on hand. We used a combination of almonds, pecans, pistachios and walnuts. If you don't like sunflower seeds, simply substitute with more nuts.

This recipe can be doubled – just make sure you have a large enough baking tray so the layer isn't too thick and can bake evenly.

Step 1: Preparing the Granola

- 2 cups large-flake rolled oats
- 1/2 cup nuts (see note below)
- 1/2 cup raw sunflower seeds
- 2 tbsp grapeseed oil
- 2 tbsp pure, dark maple syrup
- 1 tsp vanilla extract

First preheat your oven to 350° F (or 175° C).

Roughly chop the nuts, keeping them in large chunks. Measure out the sunflower seeds and rolled oats and place everything into a large bowl.

Drizzle the grapeseed oil, maple syrup and vanilla over top and stir to evenly coat.

Step 2: Baking the Granola

Evenly spread the granola onto a baking tray that has been lined with parchment.

Place into the pre-heated oven and bake for approximately 10 to 15 minutes. Stir the granola frequently – every 3 or 4 minutes. Make sure to push the outside edges towards the middle of the tray as the perimeter tends to cook and brown quickly.

Once the granola just starts to brown lightly, remove it from the oven.

Step 3: Cooling the Granola

Slide the parchment and granola off of the baking tray to let cool. If you leave the granola on the tray, it will continue to cook and may turn too brown.

As the granola cools, it will become crunchy. Once it is completely cool, transfer to an air-tight container. It can be stored in a cool, dark place for up to a month.

Step 4: Making the Fruit Topping (Optional)

- 1/2 cup fresh or frozen berries
- pure, dark maple syrup (to taste)
- squeeze of fresh lemon juice
- pinch of sea salt

To make the fruit topping, puree the fruit, lemon juice, sea salt and maple syrup (to taste) in a small blender until smooth.

If using frozen fruit, use just a touch of water to get the mixture moving (if needed). Alternatively, you can warm the berries slightly in the microwave just to soften them to make it easier to blend.

The fruit topping will last for a couple of days in the refrigerator, so it is best to make it as you need it.

Step 5: Serving the Granola

- yogurt*

To serve, top the granola with a bit of yogurt and a couple tablespoons of the fruit puree, if desired.

*Note: For non-dairy or plant-based diet, use your favorite non-dairy yogurt.

There are many other ways to serve and enhance the granola to make it even heartier. Here are a few ideas:

1. Add chopped dried fruit and/or ground flax to the mix.
2. Top the granola with yogurt, freshly-cut fruit and drizzle with some raw honey.
3. Add a touch of milk or soy milk for a delicious cereal.