



Granola

PREP TIME: 5 MIN

COOKING TIME: 20 MIN

YIELDS: ABOUT 8 SERVINGS

Ingredients

4 cups rolled oats
1 1/2 cup of nuts (can use a variety of your choice)
1 tsp sea salt
1/2 cup maple syrup (or honey)
1/2 cup olive oil
2/3 cup of dried fruit (use any of your choice)

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine the oats, nuts, and sea salt in one mixing bowl and stir.
3. Pour in the maple syrup and oil into the mixing bowl. Best to use hands to ensure thorough mixture.
4. Add mixture to a baking sheet with parchment paper and spread into an even layer.
5. Bake for about 20 minutes-stirring halfway.
6. Allow the granola to cool and add dried fruit and mix.

Notes

- Store in an airtight container at room temperature.

