

Independent, locally owned and operated! www.lamorindaweekly.com 925-377-0977

Published August 8th, 2018

A crunchy breakfast companion for seasonal fruit

By Susie Iventosch



Homemade granola Photo Susie Iventosch

Homemade granola makes a great breakfast companion to all of the amazing fresh fruits available in the markets this time of year! We've just picked a couple gallons of huckleberries, and aside from making muffins or scones, topping granola with berries or stone fruits is another great way to enjoy the bounty of the summer months. This recipe calls for an assortment of nuts, and I've used pecans, walnuts, pistachios and pumpkin seeds, but you can swap those out for your favorite nuts and seeds. I don't add dried fruit this time of year, but if you make this in the winter months, you can always add dried cranberries, raisins, currants or apricots to this recipe.

Nutty Granola

INGREDIENTS

1 18-ounce container quick oats

(approximately 5-6 cups)

1/2 cup light brown sugar

3/4 teaspoon salt

1 teaspoon cinnamon

1 teaspoon cardamom

1 cup pecan halves

1 cup walnut halves

1/2 cup raw pistachios

1/2 cup slivered almonds

1/4 cup pumpkin seeds

1/2 cup canola oil

1/2 cup agave or honey

1 tablespoon vanilla extract

DIRECTIONS

Preheat oven to 325 F. Spray two baking sheets that have rims (so the granola won't fall off while cooking).

Mix first five ingredients together in a large bowl and stir well. Add nuts and seeds. Add oil, and toss thoroughly to coat as much of the oats and nuts as possible. Add the vanilla to the agave or honey, and mix well. Pour the agave over the oats and nuts and stir with a spoon to mix well, so that everything is coated with the agave mixture.

Turn granola onto prepared baking sheets and bake for 20 minutes at 350 F. Turn oven temperature down to 180 degrees and continue to bake for approximately 45 minutes to one hour longer, until granola is slightly browned and crunchy.

Remove from oven and cool completely on baking sheet before transferring to airtight containers. You will

find that you need to break up large pieces of granola as you transfer it. Store with other cereals.



Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

Reach the reporter at: suziven@gmail.com

back

Copyright C Lamorinda Weekly, Moraga CA