

Maple-Nut Granola

Yield: 5 cups

1 1/2 cups ROLLED OATS
1 3/4 cup QUICK OATS
1/2 cup RAW ALMONDS, ROUGHLY CHOPPED
1/2 cup RAW PECANS, ROUGHLY CHOPPED
1/2 cup EXTRA-VIRGIN OLIVE OIL
1/2 cup MAPLE SYRUP
1/2 tsp. SEA SALT

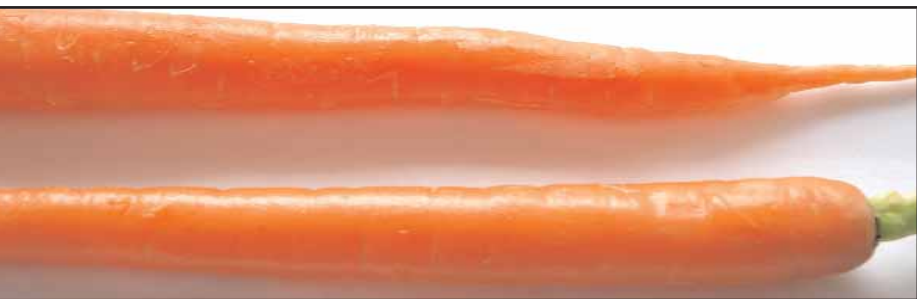
Procedure:

1. Preheat oven to 375°F.
2. In a large bowl, combine all ingredients and mix well.
3. Spread mixture onto a baking sheet lined with parchment paper and bake for 20-25 minutes.
4. When top side is browned, remove tray and gently flip over granola with a spatula, a little at a time, trying not to break it up too much. Return tray to oven to brown other side (another 5-10 minutes).
5. Remove from oven and let cool completely (as the granola cools, it will get harder).
6. Break up the granola and store in a sealed container at room temperature.

Notes

* I like to use both rolled and quick oats for a variety of textures, but you can also just use one type. Rolled oats are less refined than quick oats.

* If you'd like, you can use other nuts or add dried fruit.



the
organic kosher
cookbook

Aviva Allen, R.N.C.P. www.organickoshercookbook.com