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FOOD

Basic Granola

Most granola is a fancy twist on toasted oats—consider that when contemplating the exorbitant prices retailers charge for it. The thing is, granola is incredibly easy to make at home, and for a fraction of the cost. This recipe is a granola base to which you can add whatever dried fruit, nuts, or other tasty bits make you happy. Feel free to tweak this with other spices, a little less honey, more salt—it's quite forgiving, and customizing your own blend is the fun of making your own. If you want to experiment even further, try using other rolled grains such as spelt or barley and wheat instead of oats.



INGREDIENTS:

- 3 cups rolled oats (not instant)
- 3 tbsps packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon kosher salt
- 1/3 cup honey
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1/2 cup small-dice dried fruit
- 1/2 cup coarsely chopped raw or toasted nuts or seeds

DIRECTIONS:

1. Heat the oven to 300°F and arrange a rack in the middle.
2. Place the oats, brown sugar, cinnamon, and salt in a large bowl and stir to combine; set aside.
3. Place the honey, oil, and vanilla in a small bowl and stir to combine. Pour over the oat mixture and mix until the oats are thoroughly coated.
4. Spread the mixture in a thin, even layer on a rimmed baking sheet. Bake for 15 minutes, then stir and continue baking until the granola is very light golden brown, about 5 to 15 minutes more.
5. Place the baking sheet on a wire rack and cool the granola to room temperature, stirring occasionally, about 20 minutes.
6. Add the fruit and nuts or seeds to the baking sheet and toss to combine.
7. Store the granola in an airtight container for up to 2 weeks.



EFREM LAWRENCE, ESQ.

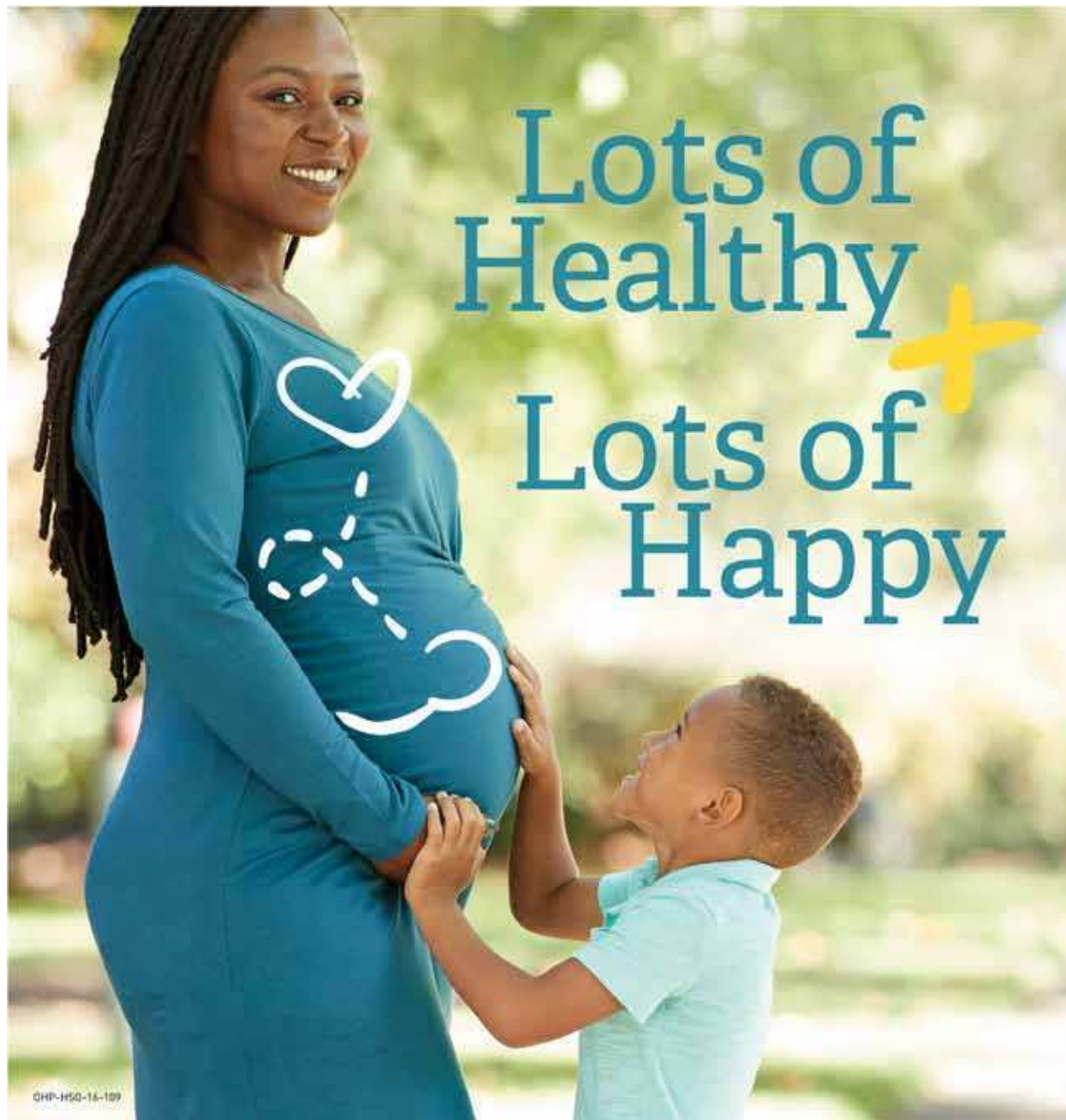
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efrem@iernvault.com

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