

Granola

I have experimented with several recipes I found online, and I really like the one I came up with below. Two caveats. I do not like things sweet at all so if you like your granola sweetened add ½ cup (or more) honey or pure maple syrup to the mixing together step with the banana mixture. I also like things well done, so, while I cooked mine for 55-60 minutes with some real blackening on the edges, you may like it better at 40-50 minutes.

Healthy Granola



4 cups old fashion rolled oats
1 banana – softer the better (cut up if not mushy)
8 oz package of figs
1 cup water
1 teaspoon salt
1/2 teaspoon almond extract
¼ cup coconut oil melted
1 Cup slivered almonds
½ cup seeds (I used unsalted pepitas)
Other mix ins: I used raisins and dried cranberries

Preheat oven to 275, line a cooking sheet 13 x 18 with parchment paper (mine is so seasoned it was not necessary). Put the oats in a large mixing bowl. In a saucepan simmer the figs in the water for about 10-13 minutes, if they absorb all the water add a bit more. Put figs and water once softened into blender or food processor with the mushy or cut up banana, salt and extract and coconut oil, puree until smooth and creamy, add a little more water if necessary. Do not worry if it is thick. Pour the mixture over the oats and work it all in coating all the oats evenly (mixing with hands is best). Spread onto baking pan evenly and put into oven, cook for at least 40 minutes, stirring it around every 10 minutes. As I mentioned, I like mine very well done so mine went about an hour. Meanwhile, toast the almonds or other nuts and seeds under a broiler or toaster oven (or do this step first). Let the granola cool completely and put back in the mixing bowl, add the nuts, seeds and any dried fruit that you would like. Enjoy!