

HOW • TO • MAKE • YOUR • OWN
GRANOLA
In 4 easy steps

By Maria Oldham

Homemade granola is a win-win-win. It's delicious, less expensive than store-bought versions, and incredibly easy to make. All granola consists of some of the same basic ingredients, but when you make it at home, the flavor possibilities are endless. Another advantage? Store-bought granola is often chock-full of sugar—at home, you control the ingredients.

Follow this simple formula for making your own granola, then tweak it based on your tastes and the amount you need.



Directions

1 Combine dry ingredients (grain, nuts, salt, spices, and any add-ins/extras) in a large bowl.

2 Add in wet ingredients (sweeteners and oil), stirring well.

3 Spread mixture onto a baking sheet and bake at 300 degrees for about 45 minutes, stirring after 30 minutes. Granola is ready when it is toasted golden brown.

4 Once granola has cooled, add any after-baking extras (e.g., dried fruit, chocolate). Then store in an airtight container.

Dry Ingredients

Grains – 3 cups

For best results, use old-fashioned (plain rolled) oats. You can also add uncooked quinoa for extra crunch or try wheat germ or wheat bran to help bind the granola.

Nuts – 1 cup

Add any nuts you want – almonds, pecans, pistachios, hazelnuts, walnuts, etc. – sliced or chopped. If raw, add them in with all the ingredients before baking. If already roasted, add to granola after baking.

Spices – ¼ TO ½ TEASPOON OF EACH SPICE

Cinnamon, cardamom, nutmeg, pumpkin pie spice, and ginger are some popular flavors. Salt will help bring out the flavors of all the ingredients. Add 1 teaspoon kosher salt or ¾ teaspoon regular salt.

Add-ins/Extras – 1 TO 1½ CUPS TOTAL

Add any or all of these you like, adjusting proportions as necessary.

Seeds

Try raw pumpkin, sunflower, flax, millet, or sesame seeds.

Coconut

Large, unsweetened flakes will bake best with granola.

Dried Fruit

Dried apricots, figs, apples, pineapple, mango, raisins, dried cranberries, cherries, or blueberries are flavorful options. Be sure to add after baking granola to prevent chewy, burnt fruit.

Chocolate

If using cocoa powder, add in with dry ingredients before baking. If using chocolate chips, add after granola is baked and has cooled.

Wet Ingredients

Sweetener – ½ TO ¾ CUP

Forego the regular white sugar for maple syrup, honey, agave, or brown rice syrup. Brown sugar (2 to 3 tablespoons) will add an extra touch of sweetness.

OIL OR BUTTER – ¼ TO ½ CUP

Extra-virgin olive oil, canola, or vegetable oil work best for a crunchy, flavorful granola. You can also try melted coconut oil.

{FROM THE LOCAL KITCHEN}

Enzo's Granola



Makes about 7 cups

Created by Alyssa Mast of Enzo's Market, this nutty granola is sweetened by all-natural ingredients. Serve with Greek yogurt and fresh fruit for a complete breakfast!

Ingredients:

- 4½ cups rolled oats
- ½ cup pecans, chopped
- ½ cup walnuts, chopped
- ½ cup sunflower seeds, unsalted
- ½ cup pumpkin seeds
- 1 tablespoon ground cinnamon
- 1 ½ cups agave nectar (dark or light)
- 1 ½ teaspoons salt
- ½ cup dried cranberries
- ½ cup raisins
- ½ cup coconut

Directions:

Preheat oven to 200°F. In a large bowl, combine oats, pecans, walnuts, seeds, cinnamon, agave nectar, and salt. Spread onto a parchment-lined baking sheet. Bake uncovered for about 90 minutes, or until dry, spinning and stirring every 15 minutes. Meanwhile, combine cranberries, raisins, and coconut in a large bowl. Add baked oats mixture right out of oven into the dried fruit mixture and stir. Spread out onto clean sheet pan and let cool. Store in an air-tight container (will keep about 2 weeks).

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