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Jill's Go Nuts Granola

Ingredients

1/3 cup honey
1/4 cup brown sugar
4 teaspoons vanilla extract
1 teaspoon cinnamon
1/2 teaspoon salt
1/4 cup vegetable oil
5 cups old-fashioned rolled oats (do not use instant oats)
3/4 cup roasted or raw unsalted almonds, coarsely chopped
3/4 cup unsalted hazelnuts, coarsely chopped
1/2 cup unsalted pumpkin seeds

1. Adjust oven rack to upper-middle position and pre-heat oven to 325°F (or 300°F for dark baking pans). Line two rimmed baking pans with parchment paper.
2. Whisk oil, honey, brown sugar, vanilla, cinnamon and salt in large bowl. Fold in oats, nuts and seeds until thoroughly coated.
3. Transfer mixture to prepared baking sheets and spread into a thin, even layer (about 3/8 inch thick). Wet your hands and compress oat mixture until very compact. Bake 15 minutes, then turn oven off and rotate pan without stirring the oats.
4. Bake an additional 30 minutes (with oven off), or until lightly browned. **DO NOT OVERCOOK.** Remove granola from oven and cool to room temperature, about 1 hour. Break cooled granola into chunks.
5. Store in an airtight container for up to 2 weeks.

Makes about 7 cups.

Nutrition Information per 1/4 cup serving:

148 calories, 7.7g Total Fat, 1g Saturated Fat, 15 g Total Carbohydrate (4.5g sugar), 2.3g Fiber, 4.4g protein, 0mg cholesterol, 44mg sodium

Notes:

If you measure the oil in a liquid measuring cup first and then measure the honey, the honey will easily slide out of the cup into your bowl.

Chopping the almonds by hand is the first choice for superior texture and crunch. If you prefer not to hand chop, substitute an equal quantity of slivered or sliced almonds.

When you remove the granola, it may be slightly chewy, but will harden as it cools.

Recipe courtesy of:

Jill West, RDN, an accomplished speaker, author and Registered Dietitian Nutritionist. She has a private practice in Lafayette, CA helping adults, families and student athletes achieve their health and performance goals.

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