

Megan's Granola

Ingredients

- 3 cups oats
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 1 cup nuts or seeds of your choice
- 1/3 cup honey, maple syrup, or a combo
- ¼ cup olive oil
- 1 ½ teaspoons vanilla

Directions

In a large bowl, mix together the oats, cinnamon, salt, and nuts. In a small bowl, mix the honey, maple syrup, olive oil, and vanilla. Stir the liquid ingredients into the dry ingredients, and continue mixing until evenly coated.

Spread the mixture onto a baking sheet lined with parchment. Bake at 300° for 15 minutes. Remove from the oven, stir, and spread it out again. Cook about 10 more minutes. If needed, continue cooking in 5-minute intervals, stirring and spreading each time, until golden brown.

Let cool and harden completely on the cookie sheet. Then pop it off, break it into pieces, and store in an airtight container up to a week or so.

Notes

Almost any combination of nuts and seeds will probably taste delicious. We usually just use what I have in the freezer. Try walnuts, pecans, sunflower seeds, pumpkin seeds, chia seeds, flaxseeds, chopped almonds, etc.

I like to use an approximately equal amount of maple syrup and honey, but you can tweak this ratio each time you make it to find the right balance for you. Vegans can try it with no honey at all—please let us know how it turns out!