

Basic Granola

We keep ours simple, adding fresh fruit, nuts and dry fruits right into our bowl. You could add nuts into the blend for the entire baking time, and mix in dry fruits at the end, while the mix is cooling.

1 cup rolled oats
5 tablespoon oil (peanut or olive or whatever you have)
2 tablespoon sweetener (brown sugar, jaggery, honey)
1/2 teaspoon salt
1 tablespoon blackstrap molasses (flavor, and iron) --
can use vanilla or another flavor

mix all into roasting pan
bake at 300F for 10 minutes
mix
bake at 300F for 10 minutes
remove and cool

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