



Simple Fruit and Nut Granola / Granola Dough

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Breakfast

Prep Time: 15-20 minutes **Cook Time:** 25-30 minutes **Total Time:** 1 hour **Difficulty:** Medium **Servings:** 6-8 cups **Source:** Adapted from Forks Over Knives Family Recipes - Book

INGREDIENTS

4 cups rolled grain (oats, barley, spelt, rye)
1 cup walnuts (or other nut), chopped

1 cup pitted dates, chopped (best soaked in 1/4 cup water overnight) and soak water
1 cup applesauce (or other juicy fruit like persimmons, pear sauce...)
1 tsp vanilla extract, optional
(2-4 Tbsp chopped fresh ginger, optional, yet highly recommended!!!)

3-4 Tbsp flaxseed, ground
1-2 tsp cinnamon (or spice blend like pumpkin pie or apple pie spice)
1/4 tsp allspice, ground (omit if using a spice blend above)

1 cup dried fruit (raisins, cranberries, currents, figs, persimmons...), chopped
(1/2 cup dried sugared ginger, chopped, optional)

DIRECTIONS

Preheat oven to 350°F. Line two rimmed baking sheets with parchment paper or use silicon mat/Silpat.

In a large bowl combine rolled oats and chopped walnuts.

Put the soaked, chopped dates in food processor and process until finely chopped.
Add applesauce (and vanilla, if using) to food processor and buzz until smooth.
Lastly, add ground flax and spices and process only to mix.

Add the wet fruit mixture to dry oat mixture and stir until thoroughly mixed.
Spread this mixture evenly out onto two baking sheets.

Bake in preheated oven for 10-15 minutes. Take out trays and turn granola.
Bake again for another 10 minutes, until the oats are lightly browned. Total cook time will be around 20-30 minutes. Watch carefully!

Remove granola from the oven and cool on baking sheets (or better yet, turn granola out on a clean counter/table surface). The granola will crisp up upon cooling.

When the granola is completely cooled, add dried fruits and toss. Transfer to an airtight container for

storage.

This granola will store at room temperature for 7-10 days, if not devoured sooner by hungry bears or Goldilocks herself!

NOTES

Double this recipe, as this tasty delight gets eaten!!!!

For Granola Dough - Don't bake. Mix in dried fruit and simply eat after this final mixing. Store refrigerated in an air tight container. Add fresh seasonal fruit (and non dairy milk) to your bowl per your liking.

My favorite dried fruit combination is: 1/2 raisins and 1/2 dried persimmons, chopped.

Ginger option:

Add freshly chopped ginger to wet mixture and chopped sugared ginger pieces to granola after cooking.

Barley, Rye, and wheat are the three grains that contain GLUTEN.