

# Delicious Granola Recipe

## by Ronda Del Boccio

I love granola, but I hate how expensive it is in the store. IT's incredibly affordable and healthy to make your own. That way you get the flavors you love best. Thanks to The Kitchen on Food Network for the inspiration for this recipe.

I chose to make ingredient choices that up the nutrition and have a low glycemic index, which means you won't get a blood sugar and spike that soon turns into a crash and burn of your energy..

### Ingredients

- 3 cups rolled oats
- 2 tablespoons agave in the raw
- 1-2 teaspoon ground cinnamon (see Cook's Notes)
- 1/2 teaspoon sea salt
- 1/4 cup grapeseed or other neutral oil
- 1/3 cup sorghum molasses
- 1 teaspoon pure Mexican vanilla extract (
- 1 cup chopped almonds or other preferred nut. I like mine ground.  
Your choice.
- 1/2 cup sunflower or pumpkin seeds

### Directions

1. Preheat oven to 300 degrees
2. Line a baking sheet with parchment paper or a silicone liner..
3. In a large bowl, mix together the dry ingredients, including nuts, oats and spices.
4. Measure oil into your liquid measuring cup, then add to oats.
5. Pour sorghum into the liquid measuring cup, then add. This makes all the sorghum come out of the measuring cup easily.
6. Add vanilla and agave.
7. Stir wet ingredients into dry ingredients. Use hands if necessary to make sure it's well combined.

8. Spread the mixture in an even layer on the prepared baking sheet.
9. Bake for 15 minutes.
10. Remove from oven. Use a spatula to stir.
11. Return to oven and bake until everything is toasted and evenly browned, about 15 minutes.
12. Allow the granola to cool on the baking sheet.

While you can add a half cup of dried fruit of your choice, I prefer to add fruit to my individual bowl. I find the granola keeps longer this way.

### **Possible Substitutions**

Make any of the following substitutions to create your favorite version:

**Oils:** vegetable, coconut, canola, safflower.

**Spices:** Spice how you like it. I like to use 2t cinnamon, ½ t nutmeg, ½ t cardamom, 1/4t ginger, ½ t allspice. Play with spices to tuit your palate.

**Sweetener:** Instead of sorghum, you can use honey, maple syrup or molasses. I like the nutritional profile and glycemic index of sorghum best. If you don't want agave, you can substitute honey or brown sugar.

**Extract:** almond, pecan

**Nuts:** If you don't prefer almonds, use your favorite nut, such as pecans, walnuts, or peanuts (legume, not a nut, but they work fine)