



1. Preheat the oven to 320°F.
2. Grind in small chunks the hazelnuts, cashew nuts, almonds and walnuts (you can also leave them whole, which I do most often).
3. Put all the ingredients in a salad bowl, mix well.
4. Place the mixture on a baking sheet lined with parchment paper. Press with the back of a tablespoon and put in the oven for 10 min. Stir and continue cooking for another 10 minutes until the granola is lightly browned.
5. Let it cool off and place it in a tight container. Serve with yogurt, compote or fromage blanc and seasonal fresh fruit.

💡 Granola in a tight container stays fresh for three weeks. Opt for Acacia honey as it is the one which has the lowest glycemic index.

Don't feel compelled to crush the nuts, you can use whole nuts. However if you do want to save time, put them in a small freezer bag, close it and grind the nuts with a rolling pin or if you have a small hammer, pound on the nuts with caution so you don't hurt your fingers ;-).

Usually I follow the basic recipe and then divide the granola in three jars: one plain, another one in which I add some chocolate chips and in the last one, I put in dry fruit.

Very easy

Prep Time: 15 min.

Cook Time: 20 min.

Not inexpensive

Veggie

Vegan

Ingredients :

For a big container of granola:

- 5 oz. of **oat flakes**
- .66 lb. of **nuts** (for example a mix of almonds, walnuts, cashews and hazelnuts)
- 5 oz. of **seeds** (a mix of sunflower, squash and sesame)
- 1 tsp. of ground **cinnamon** (optional)
- 6 tbsp of liquid **honey** (or maple syrup if you prefer)
- 6 tbsp. of **olive oil** (or walnut or coco oil)
- 2 pinches of **salt**

Serve the granola with fromage blanc, plain yogurt, compote... and little bits of cut seasonal fresh fruit.

Variations :

You can add .3 lb of puffed rice that you can toast with the other ingredients. You can also include .5 lb of nuts (cranberries, apricots, blueberries, raisins...) and/or .5 lb of chocolate chips. Or crunchy pieces (or another brand of crunchy chocolate cereal). Add them once the granola is toasted and has cooled off. If you don't like cinnamon, don't use it! You can add other nuts (Brazilian nuts, pistachio, pecan or macadamia nuts...) include what you like.

Same for the seeds, you can add flax, hemp, poppy, black sesame, chia... Do not hesitate to try all the versions to choose the one you prefer, my granolas are different every time!

If you are gluten intolerant, replace the oat flakes with buckwheat ones.

