



### **“Grab ‘n Go” Granola**

*Add some health and wellness to your daily routine*

- 1 cup sliced almonds
- 2-1/2 cups whole grain old fashioned oats (not instant)
- 1/4 cup coconut oil
- 1/3 cup maple syrup
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1 cup broken walnuts
- 1/2 cup (each) raisins; dried cherries; pumpkin seeds
- 3 Tablespoons shredded unsweetened coconut
- 1/2 cup dark chocolate chips

Preheat oven to 325 degrees F. Foil line large rimmed baking pan.

**Toast Almonds:** In a small skillet, cook almonds over medium heat, tossing occasionally until lightly toasted.

**Mix Almonds and Oats:** Place oats in large bowl; mix in almonds.

**Cook Syrup:** Melt coconut oil in 10-inch skillet; stir in maple syrup and salt; over medium heat, bring to a gentle boil; remove from heat; stir in vanilla. Pour syrup over oat mixture; toss to coat with syrup. Spread mixture evenly onto baking sheet.

**Bake Oat Mixture:** Bake for about 25 to 30 minutes; stirring every 10 minutes until golden brown. Toss; spread evenly; allow to cool in pan.

**Add Granola Ingredients:** Place cooled oat mixture in bowl or large plastic bag; add walnuts, raisins, dried cherries, pumpkin seeds, coconut, and chocolate chips; toss to combine ingredients.

Yield: 6 to 7 cups Serve as a snack or topping for a fruit dessert.

**Cook's Note:** You can add any favorite ingredient to this recipe.

I added dried cherries, coconut oil, dark chocolate chips, and whole wheat old-fashioned oats to the original recipe and decreased the recipe size. Using old fashioned oats makes a crunchy granola and easier to serve.

**Recipe inspired by:** Fairmont Tremblant, 10/30/15

**About the Recipe:** There's an interesting story about how this recipe was created. The Fairmont Tremblant Hotel was getting ready to welcome Ironman Mont Tremblant with amazing events like: Ironman 70.3; Ironman North-American Championship and Ironman 70.3 World Championship. Sous Chef Florent Risser created this recipe for their daily routine. You can use this recipe as a snack, top your favorite dessert, sprinkle on your vegetable dish, and even add crunch to a salad. It's really an all-purpose recipe that's full of flavor, packed with crunchy goodness, and a perfect way to welcome summer.