



“Grab ‘n Go” Granola

Add some health and wellness to your daily routine

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

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

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 pan.

Bake Oat Mixture: Bake for about 18 to 20 minutes; stirring every 10 minutes or 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.