

SKILLET GRANOLA

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ingredients

- 1 1/2 tablespoons butter
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1 cup old fashioned oats
- 1/2 cup halved raw cashews
- 1/4 cup unhulled brown sesame seeds
- 1/4 cup maple syrup
- 3/4 dried fruits (I used dried cherries, cranberries and currants)

Method

Melt butter in large skillet. Add the spices and cook for 1 minute. Add the oats, cashews, and sesame seeds to the skillet and cook for 3 minutes. Add the maple syrup and dried fruits and cook another 3 minutes.
Eat warm, or spread out on a pan and cool. Store in air tight container.

This recipe was developed by Chef Michelle Ryan, Cooking Coach for Whole Foods Market Fairfield.

