

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



HOMEMADE GRANOLA

By Jill Santopietro, Children's Food Lab
Makes 14 cups

Ingredients:

- ½ cup olive or canola oil
- 1 ½ teaspoons fine salt
- 1 ½ teaspoons vanilla extract
- 7 cups rolled oats
- 2 cups mixed nuts (such as walnuts, almonds, pistachios and pecans), roughly chopped
- 1 ½ cups crispy rice cereal (such as Rice Krispies)
- 1 cup unsweetened coconut flakes 1 cup raw pumpkin seeds
- ½ cup raw sunflower seeds
- ½ cup buckwheat groats
- 2 tablespoons ground flaxseed meal
- 2 tablespoons chia seeds
- 1 ½ teaspoons ground cinnamon
- 1 ½ cups dried cherries, golden raisins, chopped dried apricots, or a mix (optional)

Instructions

Divide the oven into thirds with two oven racks, and heat it to 300°F. Using a whisk, beat the egg whites in a medium bowl until foamy. Whisk in the honey, oil, salt, and vanilla until fully combined. In an extra-large bowl, add the oats, nuts, rice cereal, coconut, pumpkin and sunflower seeds, buckwheat groats, flaxseed meal, chia seeds, and cinnamon. Mix together using two wooden spoons. Pour the wet mixture over the dry mix and toss until fully combined. Divide the oat mixture among two large baking sheets and cook, without stirring, for 18 minutes. Rotate the baking sheets, front to back and top to bottom, and cook for 18 minutes more without stirring. Let cool completely. Add cherries or other dried fruit, if using. Use a metal spatula to lift the granola in chunks from the baking sheet, and store in a sealed container.