

Recipe for Better-Than-Quaker Granola (Cereal and/or Bars)

from BeginWithin.Kitchen

Ingredients-

6 cups oats (the 'traditional' kind, not whole groats or instant)
1 1/2 cups nut pulp, I usually have almond or walnut
(options: 1 ripe banana smashed, or omit entirely and bake for less time)
1/2 cup shredded coconut
1/4 cup chia seeds
1/4 cup banana chips, broken up into small pieces
A large handful raisins
1 tablespoon cinnamon
1 pinch nutmeg
1 teaspoon salt
1 can sweetened condensed milk (See * below for dairy-free option)
Note: The cans I use are 395 grams which is between 1 1/2 and 1 3/4 cups.
1/2 cup maple syrup (I also use miel de caña which a South American cane molasses syrup)
Coconut oil or butter to grease the pans

Instructions-

Heat oven to 325F (150C).

Place two baking sheets in the oven to preheat. (If you can't bake two at a time, you can do it in batches.)

Combine all of the dry ingredients, then mix in the sweeteners until thoroughly moist and combined.

Grease the now hot baking sheets with coconut oil or butter.

Press the granola mixture into the pans to about 1/2 inch thick, or a little thinner. It should be packed in evenly in one layer

Bake for about 30 minutes, turning or rotating the pans halfway through if needed.

When done the granola should be firm, golden brown, darker around the edges, and still yield slightly to pressure in the middle.

Remove from oven and cut into bars and/or sections for breaking up into cereal. Be sure to cut and loosen in the pans within 5 minutes of removing from oven. The granola will get much firmer as cools, to the point that it can be very difficult to get out of the pan.

Let cool completely and store in airtight containers.

*To make this recipe without the dairy, you can either buy or make sweetened condensed coconut milk. To make it: Simmer two cups full fat coconut milk and 1/2 cup honey, stirring regularly, for about 35 minutes until it gets thick and changes texture and color. You'll know when it's done.

Enjoy!