

Oatmeal Granola

Prep time	Cook time	Total time
5 mins	20-30 mins	25-35 mins



Granola is minimally baked to lessen B1 loss.

Author: Sue Gregg, Breakfast Eat Better Cookbooks

Serves: 8 Cups

Ingredients

- ½ c honey or maple syrup
- ½ c olive oil (doesn't taste when baked)
- 2 tsp vanilla extract
- 1 tsp cinnamon (optional)
- 1c chopped walnuts or slivered almonds
- 8c rolled oats

Instructions

1. Preheat the oven to 300F.
2. Warm honey in microwave
3. Mix honey, oil, vanilla, & cinnamon
4. Gradually add oats & nuts
5. Spread mix over lightly greased cookie sheet or 2 9x13" pans
6. Bake at 300F for 20-30 minutes, stirring well every 10min
7. Store in tightly closed container in refrigerator or freezer

note: granola will continue to cook after removal from oven and will crisp as it cools. Don't overbake it! Time baking depends on type and size of pan

Oats are gluten free if not contaminated (depends on where grown and processed). Oats are usually available as groats or rolled oats (most common). Rolled oats are partially steamed, rolled to flatten, & then dried. Quick oats, which cook faster, are steel cut prior to rolling and are flatter than old fashioned oats. Oats are high in the soluble fiber beta-glucan which reduces total and LDL cholesterol, reduces blood sugar and improve insulin response, and is a food source for our body's good bacteria. While oats are not a complete protein, they are higher in amino acids than any other grain. Oats are also high in vitamins B1, folate, pantothenic acid and a fair source of B2, B3, and B6. They are also high in minerals silicon, manganese, phosphorus, magnesium, copper, iron, & zinc.

Recipe by Sue Gregg from here Breakfast book in the Better Eating Cookbook Series

<https://www.suegregg.com/>