

Homemade Granola



Explore the wholesome goodness of our Homemade Granola recipe. Bursting with natural flavors and nutritious ingredients, this granola is perfect for a delightful and nourishing breakfast. Create your batch today!

Preparation 15 min

Cooking 60 min

Servings 20

Nutrition Facts (per serving)

Calories 170

Fat 12

Carbohydrates 9

Fibre 4

Protein 6

Sodium 15

Ingredients

Dry ingredients

- 625 ml (2 1/2 cups) oatmeal
- 175 ml (3/4 cup) pumpkin seeds
- 175 ml (3/4 cup) almonds cut into pieces
- 175 ml (3/4 cup) chopped walnuts

- 60 ml (1/4 cup) sesame seeds
- 30 ml (2 tbsp) ground flaxseed
- 5 ml (1 tsp) cinnamon
- 2.5 ml (1/2 tsp) nutmeg
- A pinch of salt
- 125 ml (1/2 cup) All bran buds (optional)

Wet ingredients

- 45 ml (3 tbsp) of maple syrup
- 15 ml (1 tbsp) margarine or coconut oil
- 5 ml (1 tsp) vanilla essence
- 45 ml (3 tbsp) applesauce
- 45 ml (3 tbsp) peanut butter
- Optional: Add cranberries, raisin sec, dried apricots, sunflower seeds, coconut or dried apples

Preparation

1. Preheat the oven to 325°C and put aluminum foil or parchment on a baking sheet.
2. Put all the wet ingredients in a cauldron over medium heat and boil for 5 minutes, stirring.
3. In a large bowl, mix dry ingredients, then add the wet mixture to the dry ingredients and mix well.
4. Spread on the baking sheet and cook for 40 minutes, taking out every 10 minutes to brew.
5. Let cool completely, then enjoy on yogurt with fruit or with milk.

Notes



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