

BREAKFAST GRANOLA

AN ORIGINAL RECIPE

Executive Chef
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INGREDIENTS

1/4 cup neutral oil (I like grapeseed but have recently tried avocado oil. Canola also works well.)

1/3 cup honey

2 Tablespoons light brown sugar

1/2 teaspoon salt

1/2 teaspoon cinnamon

3 cups old-fashioned oats

INSTRUCTIONS

Preheat oven to 275 degrees.

In a large bowl, mix the oats, brown sugar, cinnamon and salt.

In a separate bowl, mix the honey and oil.

Stir the oil/honey mixture into the oat mixture, making sure it's completely mixed. You want the oil to reach every grain of oats.

Spread the oats evenly on a sheet pan. (I use a silpat.) Bake for about 20 minutes. Remove from the oven, stir and return to the oven for another 10 - 20 minutes. The granola should be a toasty brown.

Allow to cool, stirring occasionally to ensure the granola doesn't stick together.

Once it cools, add any other ingredients you'd like. I often add sunflower seeds, raisins, and dried cranberries. Occasionally, some chocolate chips may find their way to a batch.