

Bol Çerezli Granola

Homemade superseed granola with walnuts, chia seeds, flax seeds and sunflower seeds. Naturally sweetened with honey or maple syrup.
Healthy breakfast recipe!

15 min

HAZIRLIK

30 min

PIRME

45 min

TOPLAM

6

PORSİYON

Easy

ZORLUK

Bol Çerezli Granola

Malzemeler

- 1.6 oz coconut oil
- 2.5 oz maple syrup
- 0.25 tbsp salt
- 1 tbsp cinnamon
- 0.7 lb oat
- 1.6 oz pumpkin seed
- 1.6 oz sunflower seed
- 3.2 oz almond
- 3.2 oz hazelnut
- 4.8 oz dried fruit
- 1.6 oz grated coconut
- 1 tbsp chia
- 1 tbsp flax seed

Yapılış

- Prepare the oven and baking sheets**

Preheat oven to 320°F (160°C). Line 2 large baking sheets with parchment paper.
- Make the sweetener mixture**

Melt 1 tablespoon coconut oil in a small saucepan over low heat if solid. Remove from heat and whisk in 1 tablespoon maple syrup and 0.25 tablespoon salt until smooth and well combined.
- Combine dry ingredients**

In a large bowl, combine 0.70 lb rolled oats, 1.6 oz pumpkin seeds, 1.6 oz sunflower seeds, and 3.2 oz walnuts. Stir to mix evenly.
- Coat with sweetener mixture**

Pour the maple syrup mixture over the oat mixture. Stir thoroughly with a large spoon until all ingredients are well coated and evenly distributed.
- Bake the granola**

Divide the mixture evenly between the prepared baking sheets and spread into thin, even layers. Bake for 30 minutes, stirring every 10

minutes to ensure even browning, until the granola is golden-brown and crispy.

6 **Cool completely**

Remove from oven and let the granola cool completely on the baking sheets, about 20 minutes. The granola will continue to crisp as it cools.

7 **Add finishing ingredients**

Once completely cool, transfer to a large bowl and stir in 2.5 oz dried fruits, 3.2 oz toasted coconut chips, 4.8 oz mixed nuts, 1.6 oz chia seeds, and 1 tablespoon flax seeds until evenly distributed.

8 **Store**

Transfer to airtight containers and store at room temperature for up to 2 weeks. Serve with milk, yogurt, or enjoy as a snack.

?puçlar?

Stir the granola every 10 minutes during baking to ensure even browning and prevent burning on the edges.

Don't add dried fruits until after baking - they can burn and become bitter if exposed to high heat for too long.

Press the granola mixture firmly onto the baking sheet before baking to encourage cluster formation.

Let the granola cool completely on the baking sheet before stirring to maintain larger clusters.

Toast nuts and seeds separately if some brown faster than others to ensure even cooking.

Line your baking sheets with parchment paper for easy cleanup and to prevent sticking.

Taste and adjust sweetness before baking - it's easier to add more maple syrup now than after baking.

Store in glass jars or airtight containers to maintain freshness and prevent oil from going rancid.