



In The Kitchen



HOMEMADE GRANOLA

HOSTED BY

The Samford Wellness Kitchen

SHOPPING LIST

2 cups rolled oats
2 cups nuts and seeds
1 tsp ground cinnamon
½ tsp ground turmeric
¼ tsp ground black pepper
¼ tsp nutmeg
½ tsp salt
3 tbsps coconut oil, melted
3 tbsps honey
½ cup dried fruit

DIRECTIONS

Preheat oven to 325°F. Prepare two metal baking sheets. In a large bowl, combine all dry ingredients (oats, nuts/seeds, and spices) and mix well. In a small bowl, combine melted coconut oil and honey and stir to combine. Pour over dry ingredients. Mix until thoroughly coated.

Place half of granola mixture on each baking sheet, and spread out into an even layer. Bake for 10 minutes. Remove from oven, stir granola, and spread back out into an even layer. Return to oven and bake for another 10 minutes, or until edges are golden brown. Watch carefully at this point, it can burn easily. Remove granola from oven and allow to cool. Once cooled, mix in dried fruit and enjoy!

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