

Granola

Yield: 1.4 kg Cost app. €9²⁸/kg (2023)

Ingredients

- 500g Aveia (oats, not quick)
- 325g Mixed Nuts of your choice

Good Mix:

- 150 g Amendoins (Peanuts)
- 55 g Amêndoas Palitada (Slivered Almonds)
- 55 g Cajus (Cashews) \$\$\$
- 65 g Nozes (Pecans) \$\$\$

Syrup

- 200 g Brown Sugar
- 225 ml (250 g) Orange Juice
- 66 g oil
- 1 T Cinnamon, ground
- ½ T Allspice (Jamaican Pepper), ground } Sub w/7 g Apple Pie Spice
- 10 g Sal (salt)
- 1 T Vanilla (also try Banana, Coconut, or Almond)

- 70 g Coco Torrado (Toasted Coconut)
- 100 g Cítricos Cristalizados (Candied Citrus), diced.
- 150 g Banana Chips, broken. (apple chips are good, also)
- 500g Dried Fruit of your choice, all chopped to small bite-sized pieces

Good Mix:

- 150 g Passas de Uva (Raisins)
- 200 g Alperce (Apricots) \$\$\$
- 150 g Tâmaras s/caroços (Seedless Dates)
- Figs (Figs) are also great.
- Consider changing to match season, but always DRIED!

Directions

1. Make *candied citrus* (separate recipe) or purchase.
2. Toast the *coconut*.
3. Heat oven to 135° C.
4. Combine nuts and oats in a large bowl (large enough to mix very well with syrup).
5. Make syrup: Combine sugar, juice, oil and spices in saucepan. Whisk & bring to boil, drop heat. Keep stir to dissolve sugar. Remove from heat and add extract.
6. Pour sauce over nut/oat mixture. Mix well.
7. Pour nut mixture into lined sheet pan. Spread evenly, but do not compact.
8. Bake 45 minutes, mix and bake another 45 minutes or until oats are golden brown and not wet. Remove and cool completely.
9. Mix all fruit together: Coconut, Candied Citrus, Banana (or apple) chips, and other dried fruits.
10. Add mixed fruit to COOLED oats. Mix well. Store in air-tight container, at room temp.