

# Protein Packed Granola

Makes 6 cups



VEGAN



VEGETARIAN



DAIRY FREE

## Ingredients

- 3 tablespoons canola oil
- 4 cups regular rolled oats
- ¼ cup flax meal
- 2 teaspoons cinnamon
- Pinch of salt
- ¾ cup apple juice or cider
- ¼ cup maple syrup
- ¼ cup honey or agave nectar (use agave to make it vegan)

## Ideas for mix-ins

- Nuts (pecans, almonds, walnuts, peanuts)
- Sunflower seeds
- Dried fruit (cranberries, raisins, apricots, dates, unsweetened coconut)

## Directions

1. Preheat oven to 325°F. Lightly grease baking sheet with canola oil (you may also use cooking-oil spray or line baking sheet with nonstick foil). In a medium bowl, combine the oats, flax meal, cinnamon, and salt. Mix well. In a small bowl combine the apple juice, maple syrup, honey, and optional brown sugar. Heat in microwave for 30 seconds and whisk with a fork until a syrup forms.
2. Add the wet ingredients to the dry ingredients, stirring until the mixture is fully combined and moist. Spread the mixture on the greased baking sheet and bake for 15 minutes. Remove from the oven and stir, breaking the large chunks into smaller pieces. Bake for an additional 8 minutes or until crisp. Remove from oven and allow to cool. Add your preferred mix-ins and toss to combine. When completely cool, store the granola in an airtight container.

Recipe from Cook Well Berkeley: “Flexitarian” Meals, Fall 2012