

# kizingo® EATS:

## Crunchy Cranberry + Nut Granola

Here's what we love about this recipe: It's deliciously crunchy, super simple, doubles easily, and is endlessly versatile (Don't like cranberries? Use Raisins. Vegan? Substitute maple syrup for the honey.).

As originally created, the cranberries in this recipe also provide immune-boosting benefits and a nice kick of tartness and the cardamom provides a gentle internal warmth.

### INGREDIENTS

3 cups rolled oats  
1 cup raw chopped nuts\*  
1 1/2 tsp kosher salt  
1/2 tsp cinnamon  
1/2 tsp cardamom  
1/2 cup olive oil  
1/3 cup honey  
1 tsp pure vanilla extract  
1/2 cup lightly sweetened  
cranberries

### DIRECTIONS

Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper.

Mix together oats, nuts, salt, cinnamon, and cardamom in a large mixing bowl. Pour in honey, olive oil, and vanilla. Mix until thoroughly combined.

Turn granola onto the prepared baking sheet. Bake about 25 minutes, or until the mixture begins to take on a nice golden color, making sure to toss gently halfway through baking. {NOTE: The granola will continue to cook a little once it's removed from the oven, so don't worry if it's a little wet.}

Remove from the oven, toss again, and let cool on the pan. {We've found this is key to getting nice crunchy granola}. Once cool, stir in cranberries and store in an airtight container.\*

### \*NOTES

**ABOUT SHELF-LIFE:** This granola will keep, in an airtight container, on the counter for up to 2 week, but if your family is anything like mine this won't last the week. If you have more restraint than we do, it'll last even longer in the fridge.

**ABOUT THE NUTS:** The original version called for walnuts only, but our favorite combination includes walnuts, slivered almonds, pecans AND cashews (I know) totalling 1 cup.



Adapted slightly from Laura Chalela Hoover's  
Cranberry-Walnut Granola in *Mom's Sugar  
Solution* (pg. 38).



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