

Granola with Espresso, Pistachios & Dried Apricots | By Chef Amanda DeLaura

Bored of your every-day breakfast? Give this wonderfully aromatic and nutty granola a chance. While its star ingredients are espresso, ground pistachios & dried apricot, it is also loaded with healthy fats, spices that improve blood sugar management and maple syrup, which compared to other refined sugars has high levels of zinc and magnesium. This granola is particularly yummy with Greek yogurt, fresh peaches (if in season) and raw honey. I hope your breakfast gets that much more exciting. Bon appetite!

Makes Enough

Ingredients:

3 cups oats

1/4 cup pistachios, *ground in blender or coffee grinder*

1/4 cup pumpkin seeds

1/2 cup shredded coconut

1 Tbsp flax seeds

1 Tbsp sesame seeds

1/2 cup dried cranberries

1/2 cup dried apricots, *chopped*

1 generous pinch of salt

1 generous dash of nutmeg

3/4 tsp ground cinnamon

2 tsp ground espresso or coffee beans

1 tp vanilla extract

1/4 cup olive oil

1/4 cup maple syrup

Directions:

1. Preheat oven to 275°F. Measure all of the ingredients in a very large bowl and mix together with a spatula till thoroughly combined.

2. Spread mixture across a half sized sheet pan and bake for 19 minutes. Stir granola and return to the oven for an additional 19 minutes. Remove from oven and let cool on wire rack. When fully cooled, transfer and store in a mason jar, or as desired.