

THANKSGIVING GRANOLA **makes about 6 cups**

For a vegan version, skip the honey and serve with nut milk yogurt +/- fruit. Can't do nuts? Use extra fruit in its place. This is fairly low in calories, but use less dried fruit if that is an issue. [Do make sure you have organic oats.](#)

- 1/2 cup unsweetened applesauce
- 1/3 cup each: real maple syrup and honey (can sub part or all agave syrup)
- 2 tablespoons olive oil
- 5 cups whole organic oats, gluten-free if needed
- 1 teaspoon kosher salt
- 2 teaspoons each ground cinnamon and ginger
- 1/8 teaspoon ground cardamom or ground cloves
- 1/8 teaspoon freshly ground nutmeg or allspice
- Tiniest pinch of ground cayenne (1/16 teaspoon or so)
- 1/2 cup each chopped unsalted nuts such as walnuts, almonds, or pecans (choose two)
- 1/3 cup each dried cranberries or cherries and chopped apple chips or dried apples (added after baking)

In a small saucepan, heat over low flame the applesauce, syrups and olive oil until warm; stir well.

Meanwhile, in a large bowl, stir together the oats, salt, spices, and nuts. Pour the warm applesauce mixture over all and stir well for a minute or two until really well combined.

Divide granola onto two greased rimmed baking sheets* and bake for 45-55 min or until crispy as you like, switching pans and stirring granola half-way through baking.

Remove from oven, sprinkle with dried fruit, stir gently and let cool completely before storing.

*You can use greased foil, too; parchment paper prevents the granola from crisping up really well, but you can use it if you like and simply bake the granola a bit longer, watching it carefully.

Storage: Place totally cooled granola in large glass or plastic container with a good seal. Do not store in plastic bags unless for just a day or so; they don't keep the granola well. Will keep a month or more on the counter and even longer in the refrigerator or freezer.

Cook's Notes: My granola recipe is adaptable and quite forgiving. It can be made without several of the ingredients listed, though it won't "make and bake" without the liquids -apple sauce, oil, syrups (though you might try different proportions) and the oats. Change out or skip spices, nuts, fruit, flaxseed, etc., to create the right mix for your kitchen. If you'd like you can bake the pans at 275 degrees convection for a bit fast baking time.

