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## Crunchy Granola

**Maintenance to be mixed into your granola:** up to 1 cup of nuts, seeds, chickpeas, flours, nut butters

### Supplies needed:

- Reusable silicone cups
- Food processor

### Ingredients:

- 1 cup nuts, seeds, chickpea, flours, nut butters
- ½ cup oats
- ¼ cup fine ground oats
- ¼ cup honey or maple syrup
- 2 tablespoons butter melted
- 3 tablespoons brown sugar
- ¼ teaspoon cinnamon
- Pinch of salt



### Instructions:

1. Preheat oven to 350 degrees
2. Place silicone cups onto a tray. This tray will be placed in the oven.
3. Pulse ¼ cup oats in food processor until slightly broken down from original size
4. Toast whole & ground oats for 5 minutes in the oven and then turn the oven down to 325 degrees
5. In an empty pan, melt butter then add honey or maple syrup on low heat.
6. Stir in the brown sugar, cinnamon, and salt
7. Add in the oats and cook for 2 - 3 minutes.
8. Take the hot granola off the stove and scoop a small amount of the oats into the silicone cups.
9. Add maintenance nuts/seeds/chickpea/flours and stir to combine with granola.
10. Once the granola is cooled slightly, stir in any additional fruits or chocolate.
11. Place tray of granola cups into the oven for a total of 10-15 minutes. After 7-8 minutes of baking, stir and press the granola down
12. The oats will still be sticky but don't worry! They will keep drying when you take them out of the oven. Let the granola cool completely before storing or eating!



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**Tips:**

- Eat as a cereal with milk
- Add on top of ice cream
- Eat with some fresh berries and cream

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

**This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Nuts/ Treenuts**