



8 FLAVORFUL GRANOLA RECIPES

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***LEBRON JAMES'**
GRANOLA BY
CHEF DINA

INGREDIENTS

- 1 c chopped Cashews
- 1 c chopped Cashews
- 1/2 c sliced Almonds
- 1/2 c Coconut Flakes
- 1/4 c Flaxseed Meal
- 1/2 tsp Turmeric
- 1/2 tsp Smoked Paprika
- 1 tsp Cinnamon
- 1 tbsp Curry Powder
- 1/4 tsp Salt
- 2 tbsp Real Maple Syrup
- 1 tbsp Honey
- 1 Egg White, whipped, stiff peaks

COOK TIME - 20 minutes

LEVEL - Easy

SERVINGS - 9

SERVINGS SIZE - 1/2 c

NUTRITION - 200 calories, 4g Protein, 10g Carbs, 16g Fat

DIRECTIONS

- Pre-heat oven to 350 degrees (min. 30 minutes).
- Put all ingredients in a bowl together, mix gently and thoroughly
- Lightly fold in the whipped egg white, mix gently together.
- Line a baking tray with a parchment paper, then spread out the granola mixture onto the tray.
- Bake for 15 to 20 minutes or until golden brown.
- Allow the granola to completely cool to room temperature.
- Store in airtight container,



COCONUT ALMOND PALEO GRANOLA

GRAIN-FREE

INGREDIENTS

- 3 c Unsweetened Coconut Flakes
- 1 c Shelled Raw Pumpkin Seeds (Pepitas)
- 1/2 c sliced Almonds
- 1/2 c Sesame Seeds
- 1/4 c raw Sunflower Seeds
- 2 tbsp Chia Seeds
- 1/4 tsp Kosher Salt
- 1/2 tsp Ground Cinnamon
- 1/4 tsp Ground Cardamom
- 1/2 c Honey
- 2 tbsp Real Maple Syrup
- 2 tbsp Olive Oil
- 1 tsp Vanilla Extract

PREP TIME - 10 minutes

COOK TIME - 25 minutes

LEVEL - Easy

SERVINGS SIZE - About 5 cups

DIRECTIONS

- Pre-heat oven to 300 degrees (min. 30 minutes). Line a rimmed baking sheet with parchment paper.
- In a large bowl mix coconut, almonds, pumpkin seeds, sesame seeds, sunflower seeds, chia seeds, salt, cinnamon and cardamom.
- In a separate pot over medium heat cook honey, oil & vanilla, stirring occasionally, until hot and easily pourable, about 1 minute.
- Pour liquid mixture over dry mixture and stir to evenly combine.
- Spread mixture evenly on prepared baking sheet and bake for 15 minutes.
- Remove from oven and stir mixture to prevent edges from burning.
- Bake an additional 10 minutes or until golden brown.
- Allow the granola to completely cool to room temperature.
- Store in airtight container.



MATZO GRANOLA WITH DRIED FRUITS & NUTS

EXCELLENT FOR PASSOVER AND ALL YEAR ROUND

INGREDIENTS

4 tbsp Unsalted Butter (1/2 stick),
melted

1/3 c Honey

3 tbsp Real Maple Syrup

1 tbsp Ground Cinnamon

2 tsp Ground Ginger

1/2 tsp Kosher Salt

5 (6 1/2 x 6 inch) Sheets of Unsalted
Matza, Crumbled Into 1/2 inch Pieces,
Or 2 1/2 Matzo Farfel - Matza Farfel is
Matzo That Has Been Pre-Crumbled.

1 1/2 c Shelled Raw Nuts
(your choice, pieces are best)

1/2 c Diced Dried Fruit (your choice)

1/2 c Raisins (mixed Thompson
and Sultanas)

PREP TIME - 10 minutes

COOK TIME - 20-22 minutes

LEVEL - Easy

SERVINGS - 10 x 1/2 c

NUTRITION per serving : Calories - 243, Fat - 10g, Saturated Fat - 3.5 g, Trans Fat- 0.19g, Carbs
- 35.99g, Fiber - 2.86g, Sugar - 19.1g, Protein - 4.35g, Cholesterol - 12.21mg. Sodium -
98.53mg,.

DIRECTIONS

- Pre-heat oven to 350 degrees (min. 30 minutes).
- Whisk together the butter, maple syrup, honey, nuts, cinnamon, ginger and salt in a large bowl until smooth.
- Add matzo pieces or matza farfel and mix until thoroughly coated.
- Transfer the mixture to a rimmed baking pan (with parchment paper) and spread evenly.
- Bake for 10 minutes, stirring once, then bake an additional 10-12 minutes until golden brown, stirring once again so the edges don't burn.
- After 20-22 minutes remove from oven (longer baking makes a crunchier granola, shorter baking makes a chewier granola).
- Add all your dried fruits and mix completely. **DO NOT BAKE DRIED FRUIT.** Add at the end.
- Allow the granola to completely cool to room temperature. Granola will crisp as it cools.
- Store in airtight container,



REAL SIMPLE HOMEMADE GRANOLA

CHANGE INGREDIENTS TO YOUR LIKING
(NUTS, DRIED FRUITS, SEEDS, SPICES, BROWN SUGAR, ETC)

INGREDIENTS

3 c Old Fashioned Rolled Oats (Not Quick Oats). Try Other Grains or Grain Mixture.

3 tbsp Brown Sugar

1/4 tsp Kosher Salt

1/2 tsp Cinnamon

1/3 c Honey or Other Liquid Sweetener
(Maple Syrup or Agave Nectar)

1/4 c Oil (Canola, Soy, Olive, Coconut, etc)

1 tsp Vanilla Extract

1 c Mix-ins Of Your Choice (Nuts,
Seeds, Unsweetened/Toasted Coconut,
Flax Meal, Wheat Germ, etc)

1/2 -1 c Dried Fruit (Of Your Choice - Do
Not Bake But Add At The End)

PREP TIME - 10 minutes

COOK TIME - 25-27 minutes

LEVEL - Easy

DIRECTIONS

- Pre-heat oven to 300 degrees (min. 30 mins).
- Line a rimmed baking pan with parchment paper.
- In a large bowl add and mix together all the dry ingredients (No Dried Fruit).
- In a separate bowl add and stir the liquid sweetener, oil, and vanilla.
- Pour liquid mixture over the dry mixture and mix until thoroughly coated.
- Transfer the mixture to a rimmed baking pan (with parchment paper) and spread evenly.
- For more 'chunks' "lightly but firmly; press down on combined mixture.
- Bake for 15 minutes, stirring once, then bake an additional 10-12 minutes until golden brown, stirring once again so the edges don't burn.
- After approx. 25-27 minutes remove from oven (longer baking makes a crunchier granola, shorter baking makes a chewier granola).
- Add all your dried fruits and mix completely. **DO NOT BAKE DRIED FRUIT - ADD AT THE END.**
- Allow the granola to completely cool to room temperature. Granola will crisp as it cools.
- Store in airtight container,



EXOTIC SANDALWOOD, ROSE, BOAB AND COCONUT GRANOLA

FRESH, CRUNCHY GRANOLA WITH MACADAMIA NUTS
AND OTHER EXOTIC INGREDIENTS

INGREDIENTS

- 1 1/2 c Shredded Coconut
- 1/2 - 1 c Toasted Macadamia Nuts
- 1/2 - 1 c Toasted Sandalwood Nuts
(Try Some Bunya Nuts, too)
- 2 tsp Ground Boab
- 1/4 c Pepitas
- 1/4 c Sunflower Seeds
- 1/4 c Cacao Nibs
- 3 tbsp Chia Seeds
- 1 tbsp Raw Cacao
- 1 tbsp Roasted Ground Wattleseed
(Ask an Aussie)
- 1 tsp Ground cinnamon Myrtle
- 1/4 c Coconut Oil, Melted
- 3 tbsp Real Maple Syrup
- 1 tbsp Dried Rose Petals

PREP TIME - 10 minutes

COOK TIME - 10-15 minutes

LEVEL - Easy

DIRECTIONS

- Pre-heat oven to 300 degrees (min. 30 mins).
- Line two rimmed baking pans with parchment paper.
- In a large bowl add and mix together all the dry ingredients (No Dried Fruit, Rose Petals or Ground Boab).
- In a separate bowl add and stir the liquid sweetener and oil.
- Pour liquid mixture over the dry mixture and mix until thoroughly coated.
- Transfer the mixture to the two rimmed baking pans (with parchment paper) and spread evenly.
- For more 'chunks' 'lightly ut firmly' press down on combined mixture.
- Bake for 10-15 minutes, stirring once so the edges don't burn, until golden brown.
- Remove from oven and let cool completely. Granola will crisp as it cools.
- Stir in rose petals and ground bomb, if using.
- Store in airtight container.



MAPLE CASHEW GRANOLA

A SIMPLE & EASY MAPLE SYRUP SWEETENED
GRANOLA WITH ROASTED NUTS & SEEDS

INGREDIENTS

Lightly Roast Nuts & Sunflower Seeds
In a Skillet for 3-5 minutes, Stirring Often

2 c Old Fashioned Rolled Oats

1/4 c Olive Oil

1/2 c Cashews

1/4 c Sunflower Seeds

1/2 c Silvered or Sliced Almonds

2 tbsp Real Maple Syrup

1 tsp Ground Cinnamon

1/2 tsp Cardamom

1/4 tsp Allspice

Pinch of Salt

PREP TIME - 10-20 minutes

COOK TIME - 20-25 minutes

LEVEL - Intermediate

DIRECTIONS

- Pre-heat oven to 325 degrees (min. 30 mins).
- Place rolled oats on a dry baking pan and drizzle with 3 tbsp of olive oil - roast for approx. 20 minutes, stirring every 5 minutes. Cook until light brown and fragrant - do not burn.
- Remove oats from oven, set aside.
- In a separate bowl mix together (pre-lightly roasted) cashews, sunflower seeds and almonds. Spread on a dry baking sheet and toast in oven for 10 minutes, mixing often so as not to burn but smell fragrant.
- Mix together toasted rolled oats, nuts and seeds.
- In a separate bowl mix together maple syrup and the remaining olive oil and pour over toasted dry mixture. Add cinnamon, cardamom, allspice and salt and mix thoroughly.
- Pour mixture into a baking pan lined with parchment paper. Return to oven and bake for 5-8 minutes, stirring until golden brown.
- Remove from oven and let cool. Add dried fruit to taste.



BLUEBERRY MUFFIN GRANOLA

FILL YOUR HOME WITH THE SMELL OF HOMEMADE
BLUEBERRY MUFFINS WHILE BAKING THIS GRANOLA

INGREDIENTS

- 2 c Raw Old Fashioned Rolled Oats
- 1 c Raw Sliced Almonds
- 3/4 c Dried Blueberries
- 1/2 c Shredded Unsweetened Coconut
- 1/2 tsp Ground Cinnamon
- 1/4 tsp Sea Salt
- 1 tsp Vanilla Extract
- 2 tbsp Creamed Honey
- 2 tbsp Coconut Oil, melted
- 1 c Dried Fruit (Your Choice)

PREP TIME - 10 minutes

COOK TIME - 25-30 minutes

LEVEL - Easy

Serves 12

NUTRITION (per serving): Calories - 199,
Fat - 12g, Saturated Fat - 35g, Carbs - 24g,
Sugar - 10g, Sodium - 39mg, Fiber - 3g,
Protein - 4g, Cholesterol - 0mg

DIRECTIONS

- Pre-heat oven to 325 degrees (min. 30 mins).
- In a large bowl mix together rolled oats, almonds, blueberries, coconut, cinnamon, salt and vanilla extract.
- In a separate bowl stir together honey and coconut oil (if desired, substitute honey with either maple syrup or agave nectar).
- Stir liquid mixture into dry mixture - blend thoroughly.
- Spread raw granola mixture evenly onto a parchment-lined baking pan.
- Bake for 15 minutes, remove and stir mixture to prevent edges from burning. Return to oven and bake an addition 15-20 minutes, stirring once and watching closely so the mixture does not burn.
- Remove from oven and let cool. Add dried fruits. Granola will crisp as it cools.
- After granola is completely cool, store in an air tight container.



ALMOND OATMEAL GRANOLA CLUSTERS

**WANT GRANOLA CLUSTERS? HERE'S A
SIMPLE & DELICIOUS RECIPE**

INGREDIENTS

- 1/2 c Pure Maple Syrup**
- 1/4 c Honey**
- 1/3 c Coconut Oil, melted**
- 1 egg, whisked**
- 1/2 tsp Almond Extract**
- 1/4 tsp Sea Salt**
- 1 c Almond Flour**
- 3 c Old Fashioned Rolled Oats**
- 1 c Sliced Almonds**

PREP TIME - 10 minutes

COOK TIME - 25-30 minutes

LEVEL - Easy



DIRECTIONS

- **Pre-heat oven to 325 degrees (min. 30 mins).**
- **In a large bowl, whisk together maple syrup, honey, coconut oil, egg, almond extract, and sea salt until thoroughly combined.**
- **Stir in almond flour, rolled oats and almonds.**
- **Spread mixture onto a baking pan lined with parchment paper, pressing down on the mixture.**
- **Bake for 15 minutes, rotate pan and bake an additional 15 minutes.**
- **Remove from oven, break mixture into large clusters, then return to oven and bake 10-15 minutes more, until top is golden brown. Longer bake times produces crunchier clusters. Less baking time produces less crunchy clusters.**
- **Remove from oven and allow to cool completely. Store in an airtight container.**



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Please contact us with any questions: [INFO@1-800-GRANOLA.com](mailto:INFO@1-800-GRANOLA.COM). Enjoy!