

Chunky Granola

Our favorite granola by far! This is just a base, I add and tweak and change things all the time because granola is pretty forgiving. More egg whites make it clump together better and get crunchier, more fat can make it softer. More sugar...well that's obvious! Experiment with it!

Dry Ingredients:

- 4 cups of old fashioned rolled oats (sometimes I add one cup of quick oats to 3 cups rolled in order to get better clumps in the end product)
- ½ teaspoon salt
- 2 tablespoons whole flax (optional)
- 2 tablespoons chia (optional)
- ½-1 cup nuts of choice (I use slivered almonds or chopped pecans mostly)

Wet Ingredients:

- 3 egg whites whipped well
- ⅓ cup of brown sugar or honey (I have found brown sugar works best)
- 1 teaspoon of vanilla
- ⅓ cup of fat (either cooking oil, melter butter, or I use melted coconut oil)

After combining the dry ingredients and stirring well (including sugar), add whipped egg whites and melted butter or oil and mix again. Add sugar or honey and stir again. Add anything you would like to spice up your granola now :-)

Spread the mixture evenly over a large half sheet baking pan. I use parchment sometimes so that it is easier to dump into a jar afterwards but it is not necessary. If you have a lot of egg whites or opted to use honey instead of sugar, use parchment because it will stick.

Preheat the oven to 275F and bake for 40-45 minutes. Check after 30 to make sure it is not burning around the edges.

After you remove it from the oven, mix it around to let steam out from the bottom. This will avoid getting any soggy pieces in your granola. Stir in fruits or chocolate at this time. You don't want to bake it with fruit or meltable pieces mixed in.

Optional Flavors!

For chocolate/almond/coconut (we call it Mounds Bar Granola) add:

½ cup of cocoa powder and mix in with eggs, fats and sugar before adding coconut and almond. After it is fully incorporated and covering the oats, add ½ cup of slivered almonds and ¾ cup of shredded coconut. I use unsweetened coconut flakes. It is also pretty yummy to add ¼ teaspoon of coconut extract, but I usually don't have that on hand, so I don't always do it. Add a sprinkle of mini chocolate chips over the whole pan after it has fully cooled from baking.

For my personal favorite (my daughter calls it Cinnamon Delight):

Extra teaspoon of vanilla, ½ cup of pecans, ¼ cup of almonds, ½ cup of chipped coconut, at least 1 teaspoon of cinnamon (I love cinnamon, can't have too much!) and after baking stir in ½ cup of cranberries. If you add the cranberries before baking they will have a very unpleasant toasted flavor that cranberries should not have.