

Ginger–Molasses Granola Recipe

Makes 8 cups (16 servings)

Ingredients

3 cups old-fashioned rolled oats (gluten-free if sensitive)
1 cup finely shredded unsweetened dried coconut
1/2 cup shelled pumpkin seeds
1/2 cup sunflower seeds
1/2 cup raisins or chopped dried fruit
2 teaspoons ground ginger
2 teaspoons ground cinnamon
1/2 teaspoon fine sea salt
1/3 cup virgin coconut oil
1/4 cup honey
1/4 cup blackstrap molasses (darkest variety, which has a stronger flavor and more minerals than regular molasses)

Preparation

1. Position a rack in the center of the oven. Preheat the oven to 275°F and line a rimmed baking sheet with parchment paper.
2. In a large mixing bowl, stir together the oats, coconut, pumpkin seeds, sunflower seeds, raisins or dried fruit, ginger, cinnamon and salt.
3. In a small microwaveable bowl, stir together the coconut oil, honey, and molasses and microwave on low until slightly melted. Or melt in a small saucepan over low heat. Pour over the dry ingredients and stir until evenly combined.
4. Spread out in a thick layer on the baking sheet. Bake, gently stirring every 15 minutes, until lightly browned, 45 minutes. Granola will still be moist at the end of baking, but will morph into crunchy goodness once it cools completely.
5. Store in a glass jar with a lid at room temperature. Granola will stay fresh for several weeks and likely be devoured long before expiring.