

Ginger and Cinnamon Granola

I make this granola every week, sometimes even twice a week. Everyone loves it because of the ginger and cinnamon that give it a special touch. My favourite healthy breakfast is mixing it with fresh fruit and yogurt. Once you try this you won't want to go back to your store-bought granola.

Shopping list

3 cups old-fashioned oats
1 cups chopped pecans or preferred nut
½ cups shredded coconut (sweetened or not sweetened depending on your taste) - optional
3 tbsp. brown sugar
¾ tbsp. cinnamon
½ tsp. ground ginger
¼ tsp. salt
⅛ cup honey
2 tbsp. vegetable oil
1 cup cranberries (or preferred dried fruit)



Method

Preheat oven to 300°F (150°C).

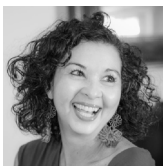
Mix first 7 ingredients in a bowl.

Soften the honey in the oil (careful not to boil it!) and add to the 7 ingredients.

Put the mixture on a baking sheet lined with parchment paper and bake for 30-40 minutes (depending on how toasted you want it), stirring every 10 minutes.

Cool before adding the cranberries.

Enjoy!



Contributed by
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One in a series of recipes contributed by our volunteers

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