

Idiot's Kitchen Shopping List – Maple & Almond Granola

Recipe from www.idiotskitchen.com – Adapted from Melissa Clark/NY Times & Ann McManus



4 cups old-fashioned oats (not instant)

1 ½ cups raw almonds

1 cup raw pumpkin seeds (pepitas)

1 cup unsweetened coconut flakes

½ cup olive oil

1 cup pure maple syrup

1 teaspoon salt

½ teaspoon cinnamon

¼ - ½ teaspoon cardamom

¼ - ½ teaspoon nutmeg (not pictured)

1 cup dried apricots, chopped (about 6 oz)

½ cup dried cranberries/Craisins

Note: raw nuts and coconut flakes can be found at Whole Foods, most food co-ops, and many grocery stores with an organic or “green” food section.