

RUSTIC ARTISAN MAPLE OLIVE OIL GRANOLA

Granola? Yes, please! After all, who doesn't love granola! Beyond its irresistible crunch and comforting flavor, granola is also valued for its nutritional benefits, and like pairing PINETOP OLIVE OIL with our ITALIAN BALSAMIC AGED VINEGAR, there are truly no rules; mix, match, and enjoy what you love!

Granola is a wholesome breakfast or snack option made from rolled oats, nuts, seeds, dried fruit, and a natural sweetener such as honey or maple syrup. It provides fiber, healthy fats, and plant-based protein, all while being incredibly simple to prepare. Just mix, bake and enjoy its warm flavor, rustic texture and versatility.

Since life can get busy balancing work and home, I often look for simple shortcuts that still deliver quality ingredients and great flavor. For this recipe, I use Kirkland's Heart Healthy mixed nuts, which include dry-roasted almonds, walnuts, hazelnuts, and pistachios without added sodium. Using a prepared nut blend not only saves time but also reduces cost by keeping everything conveniently in one bag.

This rustic granola pairs perfectly with morning yogurt and fresh fruit. I made this recipe using RUNAMOK SMOKED MAPLE SYRUP, which adds a smoky flavor reminiscence of something slow-cooked over an open fire. If preferred, you can simply substitute sugar-free maple syrup or use our SWEET SOUL LOCAL HONEY for a softer, natural sweetness.

One of the best things about homemade granola is how customizable it can be. Substitute your favorite nuts, seeds, or dried fruits based on personal preference, seasonal ingredients, or dietary needs.

Don't be afraid to make this recipe your own! Consider this recipe a rustic foundation rather than a strict formula. A simple nutrition blend designed to fit naturally into your kitchen and your lifestyle.

SO, what ingredients do I add to my granola?

There are no strict rules when making granola, but every batch starts with high-quality rolled oats. From there, the ingredients can be customized according to your personal taste and dietary preferences. One of the best parts of making granola from scratch is selecting wholesome ingredients that fit naturally into your lifestyle.

ROLLED OATS-The hardy foundation and base for every granola recipe.

NUTS-Almonds, walnuts, pecans, pistachios or hazelnuts add healthy fats, texture and richness.

SEEDS-Chia, flaxseed, pumpkin seed or sunflower seeds provide fiber, nutrients and crunch.

SWEETENER-Honey, maple syrup, or brown sugar help add flavor while lightly coating the ingredients for texture and clustering.

DRIED FRUIT- Raisins, cranberries, mango, apricot or dried blueberries add natural sweetness and chewy texture

SPICES AND FLAVORING- Cinnamon, vanilla extract, nutmeg or pumpkin spice can add warmth and depth to flavor.

ADD INS-For additional variety, some recipes may include unsweetened coconut flakes, dark chocolate chips, or cocoa nibs. However, choose ingredients with little to no added sugar or sodium for more wholesome, rustic granola.

SO, LET'S HIT THE TRAIL AND MAKE IT!

NOTE:

While the oats are baking, they will appear soft and undercooked. The oats will crisp up as they cool.

You want the oats and nuts to become brown and toasty-watch them and stir to prevent them from burning.

Add the fruit towards the end of the baking process-that way, they will remain soft and chewy.

To prevent the dates and cherries from sticking together, dust them with a small amount of almond flour.

INGREDIENTS:

4 cups organic rolled oats

2 cups mixed nuts, roughly chopped

½ cup pumpkin seeds

½ cup dates, chopped (raisin-sized)

½ cup tart cherries, chopped

1/3 cup RUNAMOK Maple Sugar (options: sugar-free maple syrup or raw honey)

1/3 cup PINETOP OLIVE OIL (non-flavor infused)

1 tsp vanilla (optional substitute: vanilla bean paste)

1 tsp cinnamon

Pinch of sea salt

OPTIONAL:

1 tsp espresso powder

Orange zest

Smoked sea salt

INSTRUCTIONS:

Preheat oven to 325°F

In a very large bowl, combine:

Oats

Nuts

seeds

cinnamon

salt

In a separate bowl, whisk together:

PINETOP OLIVE OIL

RUNAMOK Maple Syrup

Vanilla

Pour the wet mixture over the dry ingredients and mix thoroughly.

Spread out on two parchment-lined baking sheets in an even layer.

Bake for about 30-35 minutes, stirring at least twice.

Add dates and cherries during the last 10 minutes so they remain soft

Cool completely before storing.

STORING:

Granola does not need to be refrigerated.

Once it is completely cooled, store in glass jars, airtight containers, or zip-lock bags with the air pressed out. It can be frozen in plastic bags. To maintain the crunch, spread it out on a baking sheet at 300°F for five to eight minutes.

ENJOY!

Kimberly Young