



THE ingles TABLE

with Lindsay Moore
Homemade Apple Cinnamon Granola - 8-10 Servings

Shopping List

- 3 1/2 Cups rolled oats
- 2 Tsp Ground Cinnamon
- 1/2 Tsp Ground Allspice
- 1/2 Tsp Salt
- 3/4 Cup Unsweetened Applesauce
- 1/2 Cup Maple Syrup
- 1 Tbsp Coconut Oil
- 1 Tsp Vanilla Extract

Optional Add-Ins:

Pecans, Pumpkin Seeds, Dried Apples

Cooking Instructions

- 1)** Preheat oven to 325 degrees F. Line large baking sheet with parchment paper, set aside.
- 2)** In a large bowl, mix together dry ingredients (oats, cinnamon, allspice, salt).
- 3)** Heat a small saucepan over medium heat and warm the applesauce, maple syrup, and coconut oil. Give it a stir. Once warm, remove from heat and stir in vanilla.
- 4)** Pour warm liquid ingredients over dry ingredients and stir until well combined. Spread mixture evenly on prepared baking sheet.
- 5)** Bake granola for about 25 minutes, stir, and place back in the oven for another 15 - 20 minutes or until the granola is golden brown.
- 6)** Remove from oven, let cool for at least 10 minutes, then stir in optional add-ins like dried apples, if desired.
- 7)** Store granola in a large airtight container. Enjoy!



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