

Quick Granola (GFCE)

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- * about 1/4 cup olive (or other) oil
- * about 2 cups gluten-free rolled oats
- * about 1 tsp ground cinnamon
- * 1/4 cup brown sugar (or a bit less)
- * two handfuls dried fruit (I used blueberries and cranberries)
- * 2-3 Tbsp roasted sunflower seeds (or raw*)

Onto the countertop, spread a sheet of aluminum foil.

In a medium saucepan, heat olive oil over medium heat. When fragrant, stir in the oats. Stir very frequently until the oats are medium golden brown. Add cinnamon and brown sugar, and stir until brown sugar is melted, about 2-3 minutes.

Quickly (so that the sugar does not burn), pour oat mixture onto the sheet of aluminum foil, and spread it so it can cool. When oats are cool (or nearly so), add the fruit and seeds.

When completely cooled, store in an air-tight container.

*If you want to use raw sunflower seeds, add them with the oats into the hot oil.