

*If you love the  
taste of granola  
but you're allergic  
to nuts or wheat,  
try this sweet and  
heartly granola  
created  
specifically with  
you in mind.*



## Peanut, Nut and Wheat-Free Granola

*Yields 10-12 servings*

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| 1 cup dried cranberries, blueberries or combination            | 1/2 cup pure maple syrup                             |
| 1 cup orange juice   | 1/4 cup honey, preferably wild, raw or both          |
| 7 cups old-fashioned rolled oats, steel cut oats or Irish oats | 3/4 cup packed dark brown sugar                      |
| 1/2 cup vegetable oil  | 1 tablespoon pure vanilla extract                    |
| 1/2 teaspoon salt  | 2 teaspoons each, ground cinnamon, nutmeg and ginger |
| 1 cup whole flax seed  |  |

Preheat oven to 375 degrees. Cover an 18-by-12 inch baking sheet with aluminum foil.

In a pan, bring berries and orange juice to a boil over medium heat. Reduce heat and simmer for 12 minutes. Drain berries.

In a large bowl, mix oats, oil, salt and flax seed completely. Add maple syrup and honey, brown sugar, extract and spices. Mix completely. Add drained berries. Mix completely.

Spread mixture in an even layer on baking sheet. Bake for 15 minutes. Stir mixture thoroughly, turning the bottom over onto the top. Bake 15 minutes more. Stir again, moving lower layers to the top. Then bake 15 minutes more. At this point, the granola will start to brown. Continue stirring and baking in 5-minute intervals until well toasted.

Let cool completely. Store in a sealed container at room temperature. The granola will last at least two weeks on your counter top or in your pantry. Do not refrigerate.

From Bellevue Club Executive Chef Paul Marks.