

Savory Granola

Makes about 3 cups or 12 servings



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 cup old-fashioned oats
- 1 cup walnuts
- ½ cup raw pumpkin seeds
- ¼ cup raw sesame seeds
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper (optional)
- 1 large egg white, beaten to blend

Directions

1. Preheat oven to 350°F.
2. Toss oats, walnuts, pumpkin seeds, sesame seeds, salt, pepper, and cayenne pepper (if using) with egg white in a medium bowl.
3. Transfer mixture to a rimmed baking sheet and bake, stirring once, until golden, 25–30 minutes. Let cool. Store in an airtight container.

Note

Use this granola like croutons or breadcrumbs – Try it on salads, soups, or eggs.

Recipe from Cook Well Berkeley: Healthy Edible Holiday Gifts, Fall 2015