

Quinoa-Pumpkin Seed Granola



Ingredients

3/4cup uncooked quinoa, rinsed and well-drained

1/2cup raw pumpkin seeds (pepitas)

1/2cup whole and/or slivered almonds

1/4cup flax seed

1/4cup honey

2tablespoons canola oil

1teaspoon ground cinnamon

1/2teaspoon coarse salt

3/4cup dried cherries, cranberries, golden raisins and/or snipped dried apricots

Directions

1. Preheat oven to 350 degrees F. In a large bowl combine quinoa, pumpkin seed, almonds, and flax seed. In a small microwave-safe bowl heat honey on 100 percent power (high) for 20 seconds. Stir in oil, cinnamon, and salt. Pour honey mixture over quinoa mixture; toss to coat. Spread in a 15x10x1-inch baking pan.
2. Bake, uncovered, 20 minutes or until golden, stirring twice. Stir in dried fruit. Cool for 15 minutes in the pan. Spread out on foil. Cool completely, breaking up any large pieces. Transfer to an airtight container to store. Store up to 2 weeks in the refrigerator.

From the Test Kitchen

SERVING SUGGESTIONS:

Over baked apple slices with milk and maple syrup or honey; over applesauce; atop sliced bananas with yogurt; or just eat plain.