

Savory Curry Granola – Adapted by OSU FIC from “Cookbooks 365” blog

<http://www.cookbooks365.com/curry-cashew-savory-granola/>



- 2 tablespoons (14 g) ground flaxseed mixed with 4 tablespoons (59 ml) warm water
 - 1 cup (92 g) rolled barley
 - 3 tablespoons (45 ml) olive oil OR with 1 tablespoon [15 g] ground flaxseed mixed with 2 tablespoons [30 ml] warm water
 - 1/3 cup (26 g) finely shredded coconut
 - 1/3 cup (43 g) nuts of your choosing, crushed
 - 1 1/2 teaspoon yellow curry powder
 - 1/2 teaspoon cumin
 - 1/4 teaspoon granulated garlic
 - 1 teaspoon chili powder
 - 1/2 teaspoon red chili flakes
 - 1/4 teaspoon ground coriander
 - 1/2 teaspoon ground mustard powder
 - 3/4 teaspoon salt
 - 2 tsp coconut sugar
 - 1/3 cup (55 g) dried currants
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- Preheat oven to 350F and either oil a cookie sheet or line it with parchment paper. Add all ingredients but the currants in a medium-sized mixing bowl and mix well. Pour the mixture onto the prepared cookie sheet and press thin. Bake for 20 to 30 minutes, until the edges are browned and the middle is no longer wet. Be sure rotate the pan every 10 minutes or so to ensure even color and baking.
 - Let cool on cookie sheet and break it up into large or small chunks with your hands, stirring in the currants as you do so. Use to top salads or plain yogurt, or just eat by the handful for a snack.