

OATMEAL BREAKFAST BOWL WITH MAPLE-ROASTED RED GRAPES, GRANOLA, AND FRESH GREEN GRAPES

Yield: 4 large servings or 6 small servings

Ingredients		Amounts
<i>Oatmeal</i>		
Rolled oats, old fashioned	2	cups
Water	3	cups
Milk	1	cup
Salt	1	tsp.
<i>Maple-Roasted Grapes</i>		
Red grapes from California	2	cup
Maple syrup	¼	cup
Salt	a	pinch
<i>Garnish</i>		
Green grapes from California, cut in ½ or ¼	2	cups
Crunchy seedy granola	2	cups
Yogurt (optional)	as	needed
Crunchy seed granola (recipe follows)	as	needed

Method

1. Preheat the oven to 425 degrees F.
2. Line a sheet pan with foil and spray with non-stick spray.
3. *For the Maple-Roasted Grapes:* In a medium bowl, toss the whole red grapes with maple syrup and a pinch of salt.
4. Pour into the prepared sheet pan and place in the oven for 20-25 minutes until the grapes are collapsing, and some have popped open.
5. *For the Oatmeal:* Combine the rolled oats, water, milk, and salt in a pot. Bring to a boil and then reduce to a simmer for 3-5 minutes, or follow package directions. Set aside and let cool.
6. *To Assemble:* Divide the hot oatmeal between 4 bowls.
7. Top each oatmeal with about ½ cup of the Crunchy Seedy Granola, a scoop of roasted grapes, and sprinkle with the sliced green grapes and a little more granola if desired. Serve with a dollop of yogurt (if desired) and drizzled with the roasted grape juices.

Variation: Instead of using milk, water can be used to keep the oatmeal dairy-free.

Note: these grapes can be served hot, cool, or kept in an airtight container in the fridge.

CRUNCHY SEEDY GRANOLA

Yield: approximately 8-10 cups

Ingredients	Amounts
Rolled oats, old fashioned	2 cups
Coconut flakes, unsweetened	1 cup
Raw mixed nuts, chopped	1 ½ cup
Sunflower seeds, unsalted	½ cup
Pumpkin seeds	½ cup
Sesame seeds	3 Tbsp.
Chia seeds	3 Tbsp.
Golden flax seeds	3 Tbsp.
Wheat germ	½ cup
Cinnamon	1 tsp.
Vegetable oil	¾ cup
Honey	½ cup
Turbinado sugar	1/3 cup
Salt	1 tsp.
Dried fruit, chopped	1 ½ cup

Method

1. Preheat the oven to 325 degrees F.
2. Line a sheet pan with foil and lightly spray with non-stick spray.
3. Mix the oats, coconut, nuts, seeds, wheat germ, and cinnamon in a large bowl. Set aside.
4. In a small bowl, whisk together the oil, honey, sugar, and salt until well combined; stir into the dry oat mixture and mix well with a rubber spatula.
5. Spread on the prepared sheet pan in an even layer and place in the oven for 25- 35 minutes, stirring every 10 minutes with a rubber spatula and then spreading it out evenly after.
6. Continue until the granola has a golden-brown color. Be careful, as the granola can start to burn in the last 10 minutes of baking.
7. Remove from the oven and immediately stir in the dried fruit.
8. Smooth back into a compact layer and allow to cool completely.
9. Break into chunks and store at room temperature in an airtight container or freeze in an airtight container for up to 2 months.

Note: Variety of nuts may include walnuts, pecans, almonds, hazelnuts. Variety of dried fruits may include apricots, raisins, figs, cranberries, currants, etc.