

Salt and Serenity

Granola Bark

This recipe is very slightly adapted from Elizabeth Prueitt's recipe for Granola Bark in her new book, *Tartine All Day*.

- 1½ teaspoons ground cinnamon
- 3 cups rolled oats (not quick-cooking)
- 1¼ cups almonds, chopped
- 1¼ cups unsweetened shredded coconut
- ¼ cup flax seeds or chia seeds, whole or ground
- ¼ cup pumpkin seeds
- ¼ cup sesame seeds
- ½ cup almond flour or hazelnut flour
- ½ cup maple syrup or honey (or a combo of both)
- ½ cup coconut sugar
- ¼ cup water
- 1 teaspoon vanilla extract
- ½ teaspoon sea salt
- ⅓ cup coconut oil, melted
- 1 large egg white, whisked until frothy

1. Combine the cinnamon, oats, almonds, coconut, flax or chia seeds, pumpkin seeds, sesame seeds, and almond flour or hazelnut flour in a large bowl.
2. Preheat the oven to 325°F. Line a 13x18 inch rimmed baking sheet with parchment paper or a silicone mat.
3. Combine the maple syrup or honey, coconut sugar, water, vanilla, and salt in a small saucepan and bring to a boil, stirring to dissolve the sugar and salt. Remove from the heat and let cool to warm room temperature.
4. Add the coconut oil and egg white to the cooled syrup mixture and whisk to incorporate. Pour over the oats mixture and mix well.
5. Spread the mixture evenly across the prepared baking sheet. Cover granola with a second sheet of parchment paper and place a second same-size baking sheet on the parchment and press the mixture down firmly to compact it before baking. Bake for 40-45 minutes until dark golden brown, rotating the sheet after about 15 minutes to promote even browning. While the granola bakes, open the oven door a couple of times to release steam.

6. Set the baking sheet on a cooling rack until the surface of the granola is crisp. Leave the oven on. If the surface is still tacky to the touch once it has cooled, return the pan to the oven and continue baking for another 10 to 15 minutes, checking every 5 minutes. Don't let the bark get too dark, or it'll taste bitter.
7. Once cool, break the bark into pieces and store in an airtight container at room temperature for up to 2 weeks, or in the refrigerator for up to 1 month.