



Cooking in the Kitchen at Olums

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*Delicious Recipes
that are Easy & Nutritious*

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Peanut Butter Pretzel Granola

Serves 12

Ingredients:

Parchment paper for lining the baking dish
2 ½ cups whole-wheat pretzels, chopped
1 cup old fashioned oats, plus 1 cup left whole
2 tablespoons chia seeds
1/3 cup creamy peanut butter
1/3 cup extra virgin olive oil
1/3 cup agave nectar

Directions:

1. Preheat the oven to 350° F.
2. Prepare a baking dish (e.g. 9" x 9") with parchment paper.
3. Chop the pretzels until coarsely ground (or use a food processor). Then transfer to a mixing bowl.
4. In the food processor, pulse the oats until they are finely ground (resembling oat flour).
Then transfer to the mixing bowl.
5. In a small saucepan, combine the peanut butter, olive oil, and agave nectar.
Heat the mixture over medium heat, stirring frequently, until warmed through and well combined.
6. Stir the peanut butter mixture into the reserved oat-pretzel mixture and mix well.
Then transfer to the baking dish and evenly spread throughout.
7. Bake for 20-minutes until the granola is lightly browned.
Cool the granola and store in an airtight container.

Recipe from Molly's book, Skinny Size-It (Harlequin Non-Fiction 2014)

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