



## FIRE-TOASTED OATS

**THIS IS BASICALLY GRANOLA, BUT BECAUSE THE TEMPERATURE OF THE FIRE IS HARDER TO CONTROL THAN THAT OF AN OVEN, I COOK MY OATS WITHOUT SWEETENER, AND ADD A LITTLE BIT OF BROWN SUGAR OR MAPLE SYRUP, LATER ON.**

### **Ingredients**

Rolled oats  
Sunflower oil  
Salt  
Toasted nuts  
Cinnamon and other pie spices  
Dried fruits, chopped  
Maple syrup or honey

### **Directions**

1. Butter or oil a piece of foil and fold it into a tray. Or, use a cookie sheet, if you've got one.  
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2. Toss the oats with sunflower oil and salt, and toast until browned and a little crispy, stirring regularly. Remove from heat.  
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3. When the oats have cooled, stir in nuts and fruits, and sprinkle with cinnamon and other spices you like (I used some cardamom).  
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4. Serve with milk or yogurt, and drizzle with honey or maple syrup.