

Hazelnut & Date Granola

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Gather & Feast

If you're looking for a simple yet nourishing breakfast, this Hazelnut & Date Granola ticks all the boxes, offering both flavour and nutrition. Made with rolled oats, hazelnuts, coconut, and a hint of warming spices, it delivers a delicious crunch, balanced by the natural sweetness of maple syrup and finely chopped Medjool dates.

SERVES 10-12 | **PREP TIME** 10 minutes | **COOK TIME** 15 minutes | **TOTAL TIME** 25 minutes

INGREDIENTS

- 1 cup (90g) rolled oats
- 3/4 cup (100g) hazelnuts, very roughly chopped
- 3/4 cup (40g) shredded coconut
- 1/4 cup (40g) sunflower seeds
- 1/4 cup (40g) pepitas
- 3 tablespoons (50g) pure maple syrup
- 2 tablespoons (25g) extra virgin olive oil
- 1 tablespoon (10g) vanilla bean paste or extract
- 1 teaspoon (4g) ground cinnamon
- 1/2 teaspoon (2g) ground cardamom
- 6-8 Medjool dates, pitted and finely chopped

METHOD

1. Preheat your oven to 180°C/350°F.
2. In a large mixing bowl, combine the oats, hazelnuts, coconut, sunflower seeds, pepitas, cinnamon, and cardamom.
3. Add the maple syrup, extra virgin olive oil, and vanilla. Stir everything until evenly coated.
4. Spread the mixture in an even layer on a paper-lined baking tray.
5. Bake at 180°C/350°F for 12-15 minutes, tossing every 5 minutes to ensure even browning.
6. Once golden, remove from the oven and stir in the chopped dates. Let cool completely.
7. Serve with poached pears or your favourite poached or fresh fruit and yoghurt.
8. Store in an airtight container in the pantry or fridge.

NOTES

Storage Tips: Store the granola in an airtight container to keep it fresh. It can last up to 2 weeks in the pantry or up to a month in the fridge.

Nuts: If hazelnuts aren't available, almonds or pecans make great substitutes.

Sweeteners: You can swap maple syrup for honey or agave, though it will no longer be vegan if using honey.

Gluten-Free Option: If you need this recipe to be gluten-free, ensure that you are using certified gluten-free oats.

Customising Add-ins: Feel free to customise with extra dried fruits like apricots, raisins, or cranberries, but add them after baking to prevent them from hardening or burning.

Serving Ideas: Beyond serving with yoghurt and fruit, this granola makes a great snack on its own or can be used as a crunchy topping for smoothie bowls, pancakes, or ice cream.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/hazelnut-date-granola>

Let me know if you make the recipe! x **@gatherandfeast**