



Tart Cherry Granola Smoothie Bowls

* Recipe courtesy of Sonja Overhiser of A Couple Cooks on behalf of the Cherry Marketing Institute

Prep time: 10 minutes

Cook time: 45 minutes

Servings: 2

Granola:

- 1/4 cup olive oil
- 1/2 cup maple syrup
- 1 teaspoon vanilla extract
- 3 cups old-fashioned rolled oats
- 3/4 teaspoon kosher salt
- 1/2 teaspoon cinnamon
- 1 cup sliced almonds
- 1 cup dried Montmorency tart cherries
- 1/2 cup pepitas

Smoothie Bowl:

- 2 1/2 cups frozen Montmorency tart cherries
- 2 tablespoons fresh lemon juice (1 lemon)
- 1 1/2 tablespoons maple syrup
- 1 ripe banana
- 1 cup almond milk, plus additional (optional)

Heat oven to 325 F.

In small bowl, whisk together olive oil, maple syrup and vanilla.

In separate bowl, stir together oats, salt, cinnamon and almonds. Pour in mixture. Bake about 45 minutes until golden brown, stirring every 15 minutes and watching carefully near end of baking, stirring more, if necessary.

Page -2-

Grand Manner Magazine

<http://www.grandmanner.com/recipes.html>

Check Daily for New Recipes

Roughly chop dried cherries.

When granola is baked, cool slightly then stir in cherries and pepitas.

Note: Granola can be stored in air-tight container up to 1 month.

To make smoothie bowl: Blend together tart cherries, lemon juice, maple syrup, banana and almond milk. If necessary, add additional milk for a smoother consistency.

Serve smoothie in bowl with 1/4 cup tart cherry granola.

Source: Cherry Marketing Institute

© 2018 All rights reserved