

# Granola

Be creative! Develop your own favorites by varying quantities and inventing new flavors.

## Ingredients:

- 3 cups of old-fashioned rolled oats
- 1 cup raw nuts (any kind)
- ½ cup honey (mix in syrup or brown sugar)
- ¼ cup oil (canola is a safe bet but coconut oil adds flavor)
- ¾ tsp. salt
- 1 cup seeds (pumpkin, sunflower, sesame)
- 1 tsp. cinnamon (nutmeg, ginger or cardamom are alternatives or add vanilla or almond extract)
- Optional ingredients include unsweetened shredded coconut and a few tablespoons of raw quinoa for added crunch. A little whole or ground flaxseed adds fiber and other health benefits. A few tablespoons of rolled rye substituted for rolled oats is an interesting variation but too much can be too sharp.
- Make a light version with ⅓ cup honey instead of ½ cup.

## Directions:

1. Put rolled oats, nuts, seeds, salt, and spices into a large bowl
2. Add honey or other sweetener and oil
3. Mix well
4. Spread out on a large baking sheet lined with parchment paper and pat down lightly
5. Bake at 300 degrees for 25 minutes
6. Remove from oven when mixture is lightly toasted
7. Let the granola cool a little in the pan, add dried fruit and transfer to a canister