

Homemade Granola

Keeps well refrigerated in an airtight container for 2–3 months.

Yield: 10 cups



Dry Mix:

6 c	organic rolled oats
1 c	bran
1 c	sunflower seeds
1 c	wheat germ
1/2 c	unsweetened coconut
1/2 c	sesame seeds

Wet Mix:

1/4 c	maple syrup
3/4 c	canola oil
1/2 tsp	salt
1 TB	vanilla

Garnish:

2 oz	walnuts (or other nuts of your choice), roughly chopped
1 oz	raisins (washed & dried)
1 oz	currants (washed & dried)

Ahead of Time:

All dried fruit comes sprayed with a preservative. It's most important to always run it under cold water, agitating the fruit until water runs clear, usually several times. Drain and place on towel. Roll up for awhile, preferably the day before. Unroll to finish the drying process, pat dry.

P.S. The taste is worth the effort!

METHOD:

- Combine dry ingredients together in a large bowl.
- Combine wet ingredients in a small saucepan, heat slightly and whisk thoroughly.
- Mix wet into dry and combine well.
- Spread thinly on cookie sheets.
- Bake 30 minutes at 250 ° F, (or 220 °F in a convection oven), remove from oven, stir and add nuts and fruit.
- Return to oven and bake 10 minutes longer or until golden.
- Takes 40 minutes, including stirring & checking every 10 minutes.

Let cool and store in airtight containers. Serve with fresh yoghurt, fruit, and maple syrup!