

Granola Recipe

Need something nutritious to send your kids off to school with? Try this crunchy, hearty granola. It makes a great after-school snack, too. *(Makes about 8 cups)*

Ingredients

5 cups old-fashioned rolled oats OR blend of rolled oats, rye, barley, etc.
1½ cups raw slivered or flaked almonds, pecans, walnuts, hazelnuts, etc.
1 cup raw sunflower and/or pumpkin seeds
½ cup raw sesame seeds
½ cup whole flax seeds
1 cup large-flake coconut, unsweetened
½ cup honey or pure maple syrup
½ cup extra-virgin olive oil
1 tablespoon cinnamon
½ teaspoon salt

Directions

Heat oven to 225 degrees.

1. In a large bowl, mix together all the dry ingredients. In a small bowl, whisk the honey and/or syrup, oil, salt and cinnamon until well blended. (Mix carefully at first – the oil may splash.) Pour over the dry ingredients and mix until all is pleasantly sticky.
2. Spread in your two largest baking pans. Bake undisturbed for 2 to 4 hours until lightly toasted. (If your oven runs hot, check after 2 hours.)
3. Turn off the oven, but leave the granola there for about 4 hours or overnight. When granola is completely cool, store in an airtight container in a cool place.

Notes:

- *The low, slow cooking is better for the valuable oils in the nuts and grains.*
- *If you like raisins or chopped dried fruit, add in the last hour of baking (or even afterwards) so they don't overcook and get bitter or too hard.*

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