

Granola

Granola is a great breakfast and snack, and goes well with milk, yogurt, or ice cream. You can add nuts if you like, or dried fruit, or coconut, or leave them out if you want. It's best to keep it simple, with just 1 or 2 types of nuts, and 1 type of fruit.

Ingredients:

- 6 cups rolled oats (not quick or instant)
- 1-2 cups chopped nuts or seeds (sunflower seeds, flax seeds, walnuts, pecans, almonds, cashews, etc.)
- 1 cup wheat germ (optional)
- 1 cup dried shredded coconut (sweetened or unsweetened)
- 1 tablespoon ground cinnamon, or to taste
- Dash salt
- ½ to 1 cup honey or maple syrup, or to taste
- 2-4 tablespoons coconut, safflower, or canola oil (optional)
- 1 cup raisins or chopped dried fruit



You'll need: 2 sheet pans or cookie sheets with sides, a large mixing bowl, wooden spoon or rubber scraper to mix stuff, measuring cups and spoons

Directions:

1. Wash your hands! (always do this before cooking or eating)
2. Preheat oven to 300 degrees.
3. Measure out all the ingredients, and put the dry ingredients into the large mixing bowl.
4. Toss the dry ingredients (but not the fruit) together, then add the oil and sweetener and toss again to coat them thoroughly.
5. Spread the mixture on 2 sheet pans and bake until golden, turning every 10 minutes so that it browns evenly.
6. When done, after about 30 minutes, add the fruit and let cool. As the granola cools, it will lose its stickiness and become crunchy.
7. Store in a tightly covered jar or container in the refrigerator. It will keep indefinitely.

