

GRANOLA:

Makes 16 Bars

INGREDIENTS:

- old-fashioned rolled oats 1 1/2 cups
- ground cinnamon 1 1/2 tsp
- salt 1/2 tsp
- ground nutmeg 1/4 tsp
- raw sunflower seeds 1/2 cup
- oat bran 1/2 cup
- wheat germ 1/2 cup
- ground flax seed 1/4 cup
- sesame seeds 2 tbsp
- vanilla extract 1 tsp
- unsweetened dried fruits: 1 cup
 (choose from: raisins, dried apricots
 (1/4 inch pieces), dried bananas
 (1/4 inch pieces), dried cherries,
 dried blueberries, dried cranberries)
- honey 1/2 cup
- dark brown sugar, packed 1/2 cup
- canola oil 1/4 cup

EQUIPMENT:

- baking sheets
- 8 by 8 foil pan
- measuring cups
- measuring spoons
- sauce pan
- wax paper



METHOD:

1. Position a rack in the middle of the oven and heat to 300°F. Line the foil pan with an 8-inch by 18-inch piece of waxed paper that covers the bottom and goes up 2 of the sides of the pan. Spray the waxed paper with canola spray.
2. On the baking sheet toss together the oatmeal, cinnamon, salt, and nutmeg and distribute it on the pan. Toast it in the oven, tossing

several times, for 15 minutes. Then carefully toss in the sunflower seeds, wheat germ, flax seed, and sesame seeds. Return to oven and toast until golden, about 20 minutes more. Put into a 1-quart bowl. Cool.

3. Add your choice of dried fruits to the bowl and toss together.
4. In a 1-1/2 quart sauce pan combine the honey, brown sugar, and canola oil. Over medium heat melt the ingredients, stirring occasionally. Remove it from the heat when it starts to bubble and stir in the vanilla.
5. Carefully pour the honey mixture over the granola and mix it until it is evenly combined. Taste and adjust seasoning. In the prepared pan, spread the granola into an even layer. Fold the side pieces of waxed paper over the granola and press it into the bottom of the pan so it is tightly compact and evenly distributed. Cool completely.
6. Using the side pieces of waxed paper, lift the granola out of the pan. Cut the granola into 2-inch squares. Store in an air-tight container for 3 days, in refrigerator for 1 week, or in freezer for 3 months.

ENJOY 😊