

GRANOLA

The Cooks Next Door

9 c. old-fashioned rolled oats
2 1/2 c. coconut
1 1/2 c. raw sunflower seeds
3 1/2 c. dried fruit (I used 2 c. cranberries, 1 1/2 c. golden raisins)
1 1/2 c. raw nuts (I used a combo of almonds, pecans, and a few walnuts)
1 Tb. cinnamon
2 tsp. salt
1 Tb. vanilla extract
1/2 c. pure maple syrup
3/4 c. honey
3/4 c. canola oil

Preheat oven to 250 degrees. Combine oats, coconut, sunflower seeds, dried fruit, and nuts in a big bowl. Add cinnamon and mix. In a measuring cup or another bowl, mix together the salt vanilla, maple syrup, honey, and oil. Pour the liquid mixture over the dry ingredients. Thoroughly combine. Divide between two large bake sheets. Bake for 1 hour 15 minutes, stirring every 15 minutes. Rotate trays about half way through baking.

Cool completely and store in an air tight container. Enjoy as cereal, as a topping for yogurt or ice cream, with fruit, or as a snack.

Makes 18 c. of granola.