

Great Granola

Makes 12 1/4-cup servings



DRY INGREDIENTS

- 1 1/2 cups rolled grains (oats, rye flakes, quinoa flakes, barley flakes, etc.)
- 1 cup chopped nuts (pecans, walnuts, almonds, cashews, etc.)
- 1/4 cup raw seeds (sunflower, pumpkin, hemp, chia, etc.)
- 1/4 cup coconut (optional)
- 3 tablespoons brown sugar
- 3 tablespoons maple syrup
- 2 tablespoons canola oil
- 1/4 teaspoon salt
- 3/4 cup dried fruit (raisins, cranberries, apricots, mango, apple, pineapple, etc.)

DIRECTIONS

1. Pre-heat oven to 250°F.
2. In a large bowl, combine grains, nuts, seeds, coconut and brown sugar.
3. In a separate bowl, mix maple syrup, oil and salt; stir into the dry ingredients.
4. Spread mixture out on a rimmed cookie sheet and bake for about 1 hour, stirring every 10 minutes.
5. Remove from the oven and mix in dried fruit.

See more at: <http://tinyurl.com/meh18we>

