

Homemade Granola

Be creative and design your own granola: add your favorite nuts and seeds, but remember that they need to be roasted before adding them. Use a sweetener if you like, and however much you like. My preferred choice for sweeteners are honey and maple syrup. For dried fruits I use raisins, cranberries, cherries or a mixture of all. Deb Perlman from *Smitten Kitchen* adds roasted wheat germ. For fats, I use sunflower oil but you may also use olive oil, coconut-, or canola oil. Some recipes call for melted butter.

Ingredients:

This recipe makes about 4-5 cups of granola

3 ½ cups old fashioned oats
1 cup toasted hazelnuts
¼ cup ground flax seeds
1 tsp. cinnamon
1 tsp. salt
½ cup pumpkin or sunflower seeds
⅓ cup sunflower oil
⅓ cup honey
2 TBS maple syrup
½ tsp. vanilla extract
1 cup (or more) dried cranberries, raisins, cherries, or other fruit

Directions:

Preheat the to 300° F (150°C)

Cover the baking sheet with waxed paper

Combine the oats, hazelnuts, and flax seeds in a large bowl.

Combine the wet ingredients and spices in another bowl.

Mix the wet ingredients with the dry ones. Spread them out on the cookie sheet covered with wax paper and bake until golden, approximately 40-45 minutes, tossing occasionally. Add the dried fruits and store in an airtight container.

Guten Appetit!

Recipe from the sunnycovechef.com