

HOMEMADE GRANOLA

INGREDIENTS

9 cups rolled oats

3-4 cups nuts or seeds, chopped

½ cup ground flax seed

4-6 teaspoons spices (any combination of cinnamon, ginger, nutmeg, cardamom)

¼ teaspoon salt

1/2 cup olive oil

1 cup honey or maple syrup (or a mix)

2-4 cups dried fruit (any combination of raisins, dried cherries, blueberries, dates, cranberries)

METHOD

Preheat the oven to 325F.

Toss together the oats, nuts/seeds, flax seed, spices, salt, oil, and honey/maple syrup in a large bowl. Mix well.

Line 2 large baking sheets with parchment paper (or use cooking spray to coat the trays). Divide oat mixture between the two sheets, spreading evenly.

Toast oat mixture in the preheated oven for 15 minutes, then stir every 5 minutes, for up to 30 minutes or until oats are toasted.

Remove trays from the oven and stir in the dried fruit.

Cool and enjoy your homemade granola with milk and fresh fruit, or stirred into a yogurt parfait.

Store any extra granola in an airtight jar or Tupperware for up to 2 months.