

# Granola

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
unrefined coconut oil	½ cup (4 oz)	melted
maple syrup	1/3 cup (3.3 oz)	
vanilla extract	1 ½ tsp	
rolled oats	4 cups (14.4 oz)	
oat bran	¾ cup (3.6 oz)	
sunflower seeds	¼ cup (1.4 oz)	raw or toasted
pepitas	¼ cup (1.4 oz)	raw or toasted
pecans	2/3 cup (2.7 oz)	halved
sliced almonds	1/3 cup (1.4 oz)	
sea salt	¼ tsp	
Chinese Five Spice	¼ tsp	or nutmeg
cardamom	½ tsp	
cinnamon	1 tsp	
raisins	2/3 cup (4 oz)	
dried cranberries	1/3 cup (2 oz)	
crystallized ginger	1/3 cup (2 oz)	

- Preheat the oven to 275 deg F. Line a cookie sheet with parchment paper. I use a 14" x 20" sheet.
- In a small saucepan, melt the coconut oil then let it cool a bit. Whisk in the maple syrup and vanilla extract.
- In a large bowl, toss together the ingredients from oats to cinnamon.
- Pour the oil mixture over top and stir/toss well to coat everything. It takes a couple minutes.
- Pour onto the prepared cookie sheet, spread out, then press down with a metal spatula to create an even layer. Bake for 50 minutes in the middle of the oven.
- Let the granola rest in the cookie sheet on the counter until completely cool, at least 45 minutes.
- Lift the parchment paper and crumble the granola back into the large bowl. Sprinkle the dried fruit over the top, and gently toss together. Store in airtight containers on the counter or in the freezer.

**NOTE:** Experiment with other ingredients like dried blueberries, dried cherries, chopped dried apricots, chopped banana chips, shredded coconut, toasted hazelnuts, chopped almonds, almond extract instead of vanilla extract, ...