Grad School Granola



I owe the inspiration for this recipe to Maggie Simon, a graduate school friend who introduced me to the pleasures of home-made granola. In this version, bulked up for size to feed a family of four, I use honey and coconut oil for flavor; feel free to substitute other sweeteners and lipids... experimentation is the fun part!

Ingredients:

8 C rolled oats

4 C your favorite breakfast cereal (or puffed rice or other grain)

½ C wheat germ

½ C flax seeds

1 C cran or other berries (dryer fruit add after baking)

2 C nuts (here mixed walnut and pecan)

½ t salt

Dash Cinnamon

34 C coconut oil

34 C honey

1 T vanilla

Directions:

Combine dries. Heat the oil and honey in a saucepan; cool oil & honey slightly and add vanilla. Mix wets and dries and spread granola on cookie sheets. Bake @ 350 for 20-30 minutes until golden brown. Cool completely before storing in an airtight container.