

Granola

Yields 8 cups

INGREDIENTS

- 4 cups old-fashioned oats
- 1 1/2 cup raw nuts and/or seeds
- 1 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 cup melted coconut oil or olive oil
- 1/2 cup maple syrup or honey
- 1 teaspoon vanilla extract
- 2/3 cup dried fruit, chopped
- Optional mix-ins: 1/2 cup chocolate chips or coconut flakes

DIRECTIONS

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.
3. Pour in the oil, maple syrup and/or honey and coat well.
4. Pour granola onto prepared pan and spread into an even layer.
5. Bake until lightly golden, 21-24 minutes, stirring halfway.
6. Let the granola cool, then top with dried fruit and optional add-ins.

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