

Never-Miss-Another-Breakfast Granola Recipe

Ingredients:

4 cups rolled oats (*option: gluten-free oats)
1/2 cup each of wheat bran and wheat germ (omit if you have a gluten or wheat sensitivity)
1/2 cup flax meal (or whole flax seeds)
1/2 cup unsalted sunflower seeds (or pumpkin seeds)
1/2 cup almond slivers
1/4 cup sesame seeds
1/2 cup roughly chopped walnuts
1/2 teaspoon salt
1 cup raisins or chopped dried fruit of choice (I use dried blueberries and cherries)
1/4 cup coconut
1/2 cup honey
1/2 cup vegetable oil (or coconut oil)
1/2 tablespoon cinnamon
1/2 tablespoon nutmeg
1 teaspoon pure vanilla extract

Instructions:

Preheat oven to 325 degrees Celsius. This temperature allows the granola to brown slowly, creating a deep nutty flavor without burning.

Pour the honey, oil, cinnamon, nutmeg, vanilla into a saucepan over medium heat and bring to a simmer. This helps develop the flavors and allow the mixture to easily mix in with the dry ingredients.

Toss together the oats, wheat germ, wheat bran, all seeds, nuts and salt. When the oil mixture has just come up to a simmer, it is ready to be poured over the dry ingredients. Mix well until everything is coated.

Spread the raw granola as a single even layer on a large rimmed baking sheet or two. Bake for 40 minutes or so until the oats are evenly toasted. Stir every 10 minutes to help everything cook evenly.

When the granola is done, remove it from the oven. Mix the coconut and dried fruit into the hot mixture and let everything cool.

Granola can be stored in an airtight container for a couple weeks.

Enjoy!