

Granola

There is nothing as good as homemade granola...
it's in the same class as homemade bread.
Here is our favorite recipe.

Dry Mixture:

- 20 cups oats**
- 2 tbsp sesame seeds**
- 2 tsp sea salt**
- 2 cups ribbon coconut**
- 1 cup raw sunflower seeds**
- 2 cups sliced almonds**
- 1-½ cups nuts (chopped pecans and walnuts)**
- 1 cup roasted cashew pieces**

Mix well in a large bowl

Wet Mixture:

- 1-¾ cups maple syrup**
- ¼ cup vanilla**
- ½ tsp maple extract**
- 1 cup light olive oil**
- 1 cup water**

Put wet mixture ingredients into a 4 cup measuring container and add enough water to make 4 cups.

Mix well with a wire whisk.

Then add to dry mixture and combine mixing well.

Add more quick oats to make desired wetness.

Spread on 4 large baking sheets.

Toast in 250° oven for about 2 hours or until lightly browned.

Stir on pan after one hour.

To keep the mixture fresh put in freezer bags so you can take out what you will use in a few days.

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Nutrition Facts	
per serving makes 64 servings	
Amount per serving	
Calories	422
Calories from fat	198
% Daily Value *	
Total Fat 22.2g	34%
Saturated Fat 6.4g	32%
Cholesterol 0mg	0%
Sodium 81mg	3%
Total Carbohydrate 44.3g	15%
Dietary Fiber 8.1g	32%
Protein 11.8g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
46.9% of calories from Fat 42% from Carbohydrates 11.2% from Protein	