

# Granola

## INGREDIENTS

### **Dry**

- ~ 4 cups regular rolled oats
- ~ 1 cup sliced or slivered almonds (other nuts are fine)
- ~ 1 cup raw sunflower seeds or a nut of choice
- ~ 1 cup shredded, unsweetened coconut, loosely packed
- ~ 1 ½ teaspoon cinnamon

### **Wet** (*mix together before adding to dry*)

- ~ ¼ cup olive oil (or oil of choice)
- ~ ½ cup maple syrup or honey or brown sugar (or a combination)
- ~ 3 Tablespoons juice or water
- ~ ½ teaspoon sea salt

## DIRECTIONS

- 1 Preheat oven to 325.
- 2 In a large bowl, mix the dry ingredients together, and in another bowl combine the wet ingredients. Then stir the wet into the dry ingredients, and mix very well.
- 3 Put on 2 sheet pans and bake for 20 minutes. Stir if sides are browning.

### **Optional**

Add ¾ cup raisins or other diced dried fruit after granola is baked and stir well.

## NOTES

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Nourishing Minnesota: The What, Why, and How of Food

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