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