

GRANOLA

Good on yogurt or as cereal.

INGREDIENTS

6 C old fashioned oats
3 C slivered almonds
2 C unsweetened
coconut flakes
1/2 C brown sugar
2 tsp salt
1/2 C grapeseed oil
1/4 C maple syrup
1 TBSP cinnamon
(optional)

DIRECTIONS

1. Mix all ingredients in a large rectangular pan.
2. Bake at 300 for about 1-1 1/2 hours, stirring every 15 minutes until nicely browned.

NOTES

You can use any neutral oil. Honey is a nice substitute for maple syrup. Adjust brown sugar for desired sweetness.