

Grandpa Uncle Dave's Granola Recipe

I've been making my own granola for about 20 years, mostly because the store-bought variety does not taste as good, doesn't have all the goodies in it, and it's way over-priced. I make batches of a size that fit in a plastic container, about the same size as a cereal box. I usually make a double batch so that I can give some away. Shelf life is more than two months – although I'm not sure because I eat it all before two months pass. Most ingredients I buy bulk from the organic food area at Vitamin Cottage. Sliced almonds & coconut oil are available from Costco.

Ingredients (one batch)

4 cups whole rolled oats (thick)

1 cup each:

- raw sunflower seeds,
- raw pumpkin seeds,
- coconut flakes,
- almonds (prefer sliced if you can find them; pecans are good too),
- ground flax seeds (or buy whole seeds then chop/grind in a coffee mill)

1/2 cup each: coconut oil & honey

Directions:

If you have whole almonds, chop them into smaller pieces. Put all of the dry ingredients into a large bowl and mix well. I use a big tupperware salad bowl and a wood spoon. Dump the sunflower seeds on the lid first to inspect and remove hulls or other odd bits. Same for pumpkin seeds.

Coconut oil is usually solidified at room temperature, so you need to spoon it into a measuring cup and heat in a microwave oven to melt it. Then use a small sauce pan to heat the oil; add the honey to the oil, medium heat for a couple of minutes. Stir and then drizzle the oil/honey onto the dry ingredients and mix thoroughly.

Preheat oven 325 deg F. Spray cooking oil on a large cookie sheet (11 x 17") then put 4 cups of granola mix on it and spread uniformly. Bake 13-15 minutes. Remove from oven and let cool 5 minutes, then spatula your granola into a storage container. If you let it cool more than 5 minutes, it starts to set up and you have to chip it loose. Load up the cookie sheet again and start another batch.

Serve with dried fruit (raisins, cherries, mango, apricot) or fresh fruit (bananas, chopped apple, pear), add yoghurt, milk or ice cream and enjoy!

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