

# GRANOLA

## INGREDIENTS

### For granola base:

|         |                            |
|---------|----------------------------|
| 1 cup   | pecan or walnut pieces     |
| 4 cups  | quick oats                 |
| 2 cups  | sliced or slivered almonds |
| 2 cups  | shredded coconut           |
| 1/2 cup | honey                      |
| 3/4 cup | oil (such as grapeseed)    |

### To add after the granola bakes (optional):

|           |  |
|-----------|--|
| 1/2-1 cup | each of roasted sunflower or pumpkin seeds, dried fruits (currants, cranberries, apricots or prunes) |
|-----------|--|

## DIRECTIONS

1. Preheat oven to 350F.
  2. Toast pecan or walnut pieces in oven until fragrant (about 10-12 min). Take out and let cool.
  3. Mix the remaining ingredients for the granola base together (excluding the pecans or walnuts) and spread onto 2 baking sheets. You can use parchment to prevent sticking.
  4. Bake for about 20-30 minutes until the top begins to get golden.
  5. Take out and gently mix/flip the granola to expose the underside. Continue baking and turning more frequently until all of it is an even dark caramel colour - about 45 minutes.
  6. Transfer to a large bowl and let cool.
  7. Add the toasted pecans and 1/2 to 1 cup of additional roasted/salted seeds or nuts and dried fruits. All combinations are delicious.
- Best stored in the fridge in an airtight container.