

# Granola

There is nothing as good as homemade granola...  
it's in the same class as homemade bread.  
Here is our favorite recipe.

Dry Mixture:

- 20 cups oats**
- 2 tbsp sesame seeds**
- 2 tsp sea salt**
- 2 cups ribbon coconut**
- 1 cup raw sunflower seeds**
- 2 cups sliced almonds**
- 1-½ cups nuts (chopped pecans and walnuts)**
- 1 cup roasted cashew pieces**

Mix well in a large bowl

Wet Mixture:

- 1-¾ cups maple syrup**
- ¼ cup vanilla**
- ½ tsp maple extract**
- 1 cup light olive oil**
- 1 cup water**

Put wet mixture ingredients into a 4 cup measuring container and add enough water to make 4 cups.  
Mix well with a wire whisk.  
Then add to dry mixture and combine mixing well.  
Add more quick oats to make desired wetness.  
Spread on 4 large baking sheets.  
Toast in 250° oven for about 2 hours or until lightly browned.  
Stir on pan after one hour.  
To keep the mixture fresh put in freezer bags so you can take out what you will use in a few days.

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| <b>NutritionFacts</b> |                               |
|-----------------------|-------------------------------|
| per serving           |                               |
| makes 64 servings     |                               |
| Amount per serving    |                               |
|                       | <b>Calories 422</b>           |
|                       | Calories from fat 198         |
| % Daily Value *       |                               |
|                       | <b>Total Fat 22.2g 34%</b>    |
|                       | Saturated Fat 6.4g 32%        |
|                       | <b>Cholesterol 0mg 0%</b>     |
|                       | <b>Sodium 81mg 3%</b>         |
|                       | <b>Total</b>                  |
|                       | <b>Carbohydrate 44.3g 15%</b> |
|                       | Dietary Fiber 8.1g 32%        |