

Granola

Equipment:

- rimmed baking sheet
- Silpat® or parchment paper
- large bowl
- wooden spoon
- potato masher
- measuring cups/spoons

Ingredients:

The Goo

- ⅓ Cup Light Brown Sugar
- ⅓ Cup Syrup/Honey (I use half plain old pancake syrup, half honey. You can use pure maple syrup or all honey if you want)
- ½ Cup vegetable oil (canola)
- 2 big pinches kosher salt
- 4 teaspoons vanilla (I like the cheap imitation stuff; tastes better than that stuff made from beans!)
- (optional) ½ teaspoon Sweet Spice Blend (cardamom, fennel, fenugreek & nutmeg)

The Rest

- 5 Cups old-fashioned rolled oats (not quick cooking oats!)
- 1 ½ Cups whole almonds where each almond has been cut in half
- ¾ Cup coconut flakes or shreds (sweetened or not)
- (optional) ½ Cup shelled sunflower seeds
- ¾ Cup dried fruit (I like golden raisins but cranberries (cherries!) or such would work)
- (optional) 1 Tablespoon rice flour (this makes the clumps hold together a little more)

Method:

Preheat oven to 325°. Mix first 5 ingredients (6 if using the spice blend) in bowl and stir until the sugar dissolves. Add the rest of the ingredients except for the fruit. Mix with the wooden spoon until everything is coated with the goo.

Dump everything onto the Silpat® or parchment lined baking sheet. Using the potato masher, spread the mixture out and lightly press into an even layer ½ to ¾ inches thick. Try not to have the mixture touching the rim of the pan as it may stick and be harder to clean.

Bake for 44 minutes, rotating the sheet pan half way through. (22 minutes, rotate, 22 minutes)
Remove from the oven and let cool one hour. When the pan is cool lift a corner of the Silpat® or parchment paper to get a big piece of granola. Crumble it into your storage container keeping a few of the clumps intact. Layer in your fruit as you fill the container. Covered tightly, this is supposed to keep 2 weeks. Here it is gone in 2 days.