



Granola

Makes 7 cups

Steps

1. Preheat oven to 350°F. Cover a sheet pan with foil and brush or spray with canola oil.
2. In a large bowl combine oats, pumpkin seeds, almonds, ground flax seed, coconut, cinnamon and salt.
3. In a large measuring cup measure the canola oil first, followed by maple syrup, honey and vanilla (this helps the honey glide out easily from the cup). Stir well.
4. Pour the oil-honey mixture over the oat mixture and stir well ensuring all the oats are covered with the oil-honey. Spread the mixture out evenly onto the baking sheet pan and bake for 15 minutes. Using a spatula, carefully stir granola and spread it out again. Lower temperature to 300°F and continue to bake for another 15 minutes. Turn oven off and leave granola in for another 15 minutes. Remove from oven and let it fully cool on the sheet pan.
5. Remove granola from pan into a large bowl and add the chopped dried fruits and chopped cashews. Stir well. Keep in an airtight container for up to two weeks. It's perfect on yogurt with berries or with your favorite milk as a delicious breakfast treat.

Ingredients

- 2 tablespoons canola oil (for the pan)
- 2 cups whole grain rolled oats
- ½ cup roasted pumpkin seeds
- 1 cup sliced almonds
- 2 tablespoons ground flax seeds
- 1 cup shredded coconut, unsweetened
- 1 teaspoon cinnamon
- ½ teaspoon kosher salt
- ½ cup canola oil
- 1 tablespoon maple syrup
- ¼ cup honey
- 1 teaspoon pure vanilla extract
- 2 cups of your favorite dried fruits (I like using chopped pitted dates, chopped dried cherries and chopped apricots)
- ½ cup unsalted cashews, chopped