

Homemade Granola

5 cups rolled oats (18 oz or 510g)
½ cup sunflower seeds (100g)
1 cup chopped nuts
2 tsp cinnamon
½ tsp salt
¼ cup grapeseed oil or coconut oil
½ cup water
¼ cup sugar (I omit this)
2 tbs honey
1 tsp vanilla extract

- preheat oven to 300 degrees F
- in a large mixing bowl, combine rolled oats, sunflower seeds, nuts, salt and cinnamon
- in a microwave safe bowl, combine oil, water, (sugar) and honey
- microwave on high for 1 min
- stir and place back in the microwave for 1 more minute
- remove from microwave and stir in vanilla
- pour oil mixture over oats and mix to combine
- spread on a large baking sheet (lined with parchment paper)
- bake for 45-60 min until golden brown
- stir occasionally
- remove from oven and cool
- once the granola is completely cool, you can add your favorite dried fruits
- store in airtight container at room temperature
- Granola will stay fresh for several weeks
- makes about 9 cups
- enjoy with milk, almond milk, yogurt, fresh fruit....