



ALMOND MAPLE GRANOLA

6 cup rolled oats

12 tbs pure maple syrup

2 cup blanched slivered almonds

4 tbs dark brown sugar

1/2 cup ground flax seed

1/4 cup vegetable oil (canola)

14 oz flaked coconut

4 tbs warm water

2/3 cup unsalted sunflower seeds

1 tsp salt

1 c pecan pieces

1/3 c honey (+ or - to taste)

1. Preheat oven to 250 degrees. Spray 2 large cookie sheets including brims with cooking spray.

2. In large bowl toss oats almonds, flax seed, coconut and sunflower seeds. In a separate bowl whisk together the maple syrup, brown sugar, oil, water and salt. Pour the liquid over the oat and nut mixture and stir until evenly coated. Spread into prepared pans. Drizzle honey evenly over both sheets.

3. Bake 1 hour and 15 min in preheated oven stirring occasionally until evenly toasted. Cool and store in an airtight container at room temperature.

This is tremendous over fresh fruit for breakfast, and its delicious with vanilla yogurt and a banana.

