

STEEL CUT GRANOLA

Makes 6 cups

More or less



Options

Replace the seeds, nuts & grains with whatever you have on hand. Just keep the proportions about the same. Oat bran, rye flakes, flax, spelt, sesame seeds, pecans, walnuts, quinoa...

BASE INGREDIENTS

- ★ 3 cups steel cut oats
- ★ 1 cup rolled oats
- ★ 1/2 cup shredded unsweetened coconut
- ★ 1/2 cup sliced or slivered almonds
- ★ 1/4 cup hemp hearts
- ★ 1/4 cup wheat germ
- ★ 1/2 cup unsalted sunflower seeds
- ★ 1/3 cup unsalted pumpkin seeds (pepitas)
- ★ 1/4 tsp salt
- ★ 1/2 tsp cinnamon
- ★ 1/2 cup raw sugar
- ★ 1/3 cup vegetable oil
- ★ 1 tsp vanilla
- ★ 1/3 cup honey
- ★ 1/3 cup unsweetened coconut flakes

DIRECTIONS

- ★ Preheat oven to 300°F
- ★ Stir together grains, seeds, nuts, raw sugar, salt & cinnamon
- ★ Mix oil, vanilla & honey. Gently heat in a saucepan or microwave, if needed, to melt honey and combine
- ★ Pour the liquid over the dry and stir to combine
- ★ Spread the mixture onto a large baking sheet lined with parchment paper
- ★ Bake for 20 minutes
- ★ Stir and add coconut flakes and any already roasted seeds or nuts. Bake for another 15 to 20 minutes until golden and toasted. **Careful not to overcook and burn**
- ★ Remove from the oven. Let cool for at least 1 hour without touching. When cool, break into chunks and store in airtight container
- ★

ALTERATIONS

- ★ For muesli, stir every 10 minutes while baking
- ★ Base recipe assumes raw nuts & seeds. If yours are already roasted, add them in the final 15-20 minutes of baking along with the flaked coconut
- ★ Feel free to add 1 cup of dried fruit once it's cool (or a spoonful to your cereal bowl)

