

Poorganic Granola

<http://thepoorganiclife.com>

Ingredients

8-10 cups rolled oats

4-5 cups mixed grains (*wheat germ, oat bran, whole wheat flour, rice krispies, unsweetened coconut flake*)

4-5 cups mixed nuts and seeds (*almonds, pecans, walnuts, untoasted sunflower seeds, sesame seeds, flaxseeds, pumpkin seeds, cashews*)

1-1.5 cups sweeteners (*raw brown sugar, honey, maple syrup, blackstrap molasses*)

1-1.5 cup fat (*butter & coconut oil. Use less if flaxseed and coconut are included above*)

1 Tbs spice (*Cinnamon mostly. Also can include nutmeg and cloves.*)

1.5 tsp salt

1 Tbs. vanilla (*You could also use maple or almond, though probably use less*)

2-3 cups dried fruit (*raisins, Cranberries, pineapple, apricots, mangoes, apples*)

1. Preheat oven to 325. Line baking sheets with parchment or foil.
2. Combine oats, grains, and nuts in giant sized bowl.
3. Stir sweeteners, fats, spices, salt, and vanilla together in a saucepan and bring to boil over medium heat.
4. Pour syrup over dry ingredients, stirring to moisten all the dry ingredients.
5. Spread mixture evenly onto baking sheets, approximately 1 inch thick.
6. Bake 20-25 minutes, stirring halfway through
7. Remove from tray by sliding parchment off the sheet onto the counter. Mixture will not be crispy until it cools.
8. Stir in dried fruit after cooling. Store in airtight containers.