

Easy and Frugal Homemade Granola

Using a large cookie sheet or other pan with sides that allow you to stir the mixture – butter pan and preheat oven to 300 degrees. In a large mixing bowl combine:

- 3 cups whole rolled oats (*not instant or quick*)
- pinch of salt (*optional*)
- cinnamon (*as you want – I add 1/2 tsp*)
- 2/3 cup pure maple syrup
- 1 tbsp raw honey (*they sell this at most health food stores, but use regular honey if that is all you have*)
- 1/2 cup shaved coconut
- Nuts & seeds – Use whatever you like. My favorite was slivered almonds while Teresa likes pumpkin seeds, sunflower seeds, walnuts, pecans, and almonds. Use as much as you want – I use about 3/4 cup.

Stir all ingredients together (will be slightly wet.) Pour into single layer on buttered pan and bake in preheated 300 degree oven for 15 minutes. Stir contents, arrange in single layer again, and continue baking. Bake another 10 to 15 minutes and remove (Bake until barely starting to turn a little tan.) Stir again and allow to cool. Granola will be crunchy when cooled.

If you like, after cooling you can stir in dried fruit like cherries, raisins, cranberries etc.

Store in glass jar, not plastic – stays fresh in glass better.

If you double the recipe make sure you use a very large baking pan so the layer will still be thin enough to get toasty. Also... back at 300 degrees and not higher. This allows the granola to cook slow and get nice and toasty and crunchy.