

MY FAVORITE GRANOLA

By: Rita Nader Heikenfeld, CCP, Culinary Herbalist and Macy's Culinary Professional

Everyone loves this recipe, as it's not too sweet and jam packed with fiber, protein, vitamins, calcium and minerals. A great snack to tote on those busy shopping days or to give as a gift from the kitchen. Feel free to sprinkle some cinnamon over the oat mixture if you like. ***Using organic ingredients from Susan's Natural World ensures that your body utilizes every good thing in the granola.*** Go to taste on the ingredients and customize this with what you like! You can double or triple this, as well.

Preheat oven to 325.

Combine:

2 cups old fashioned oats
1-1/2 cups seeds and nuts of your choice**
2 tablespoons wheat germ
1/4 cup coconut

Cook over low heat until sugar is dissolved:

1/3 cup brown sugar
4 tablespoons canola or grape seed oil
1/3 cup maple syrup

Pour this mixture over oat mixture and toss to coat, then spread on sprayed baking sheets and bake until golden, about 20 minutes. Stir often.

Mix in:

1 cup dried mixed fruit – your choice

Store in airtight containers at room temperature

** (I like 1/4 cup each coarsely chopped walnuts, pecans, cashews, sliced almonds, pepitas, sunflower seeds and a bit of flax and sesame seeds)

Tips from Rita's kitchen:

Pumpkin seeds (pepitas) offer great kidney support. Nuts and seeds are good for you, and have enough protein in them to stave off hunger when you get the munchies. Incorporate more of these in your diet, just don't overdo!

Store nuts and seeds in a cool, dry place away from light. For long term storage, store in glass jars in the freezer.

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