

Granola

Why make your own granola?

It's cheaper

You can eliminate the preservatives.

You can reduce the sugar.

You can tailor it to your preferences or dietary needs.

It's delicious!

Ingredients:

2 ½ cups oats (either quick cooking or old fashioned)

½ cup honey

¼ cup melted butter or oil

Pinch of salt

Sprinkle of cinnamon

Splash of vanilla

Optional:

½ to 1 cup of nuts

¼ to ½ cup dried fruit (use less honey if adding fruit)

Can use maple syrup instead of honey (cook 10 minutes less)

Use any spice you like.

Use any extract you like: lemon, almond, cherry, etc

Directions:

1. Preheat oven to 300°
2. Line baking sheet with parchment paper
3. Mix all ingredients well and spread on parchment paper.
4. Bake 30-40 minutes. (30 for maple syrup)

When it comes out it should still be moveable. It will harden as it cools.