

Granola

After consulting 5 or 6 different recipes, and finding that we did not have the ingredients needed to make any of them, I finally just decided to just wing it and make granola with the ingredients that we had on hand. It turned out a little dark, so this recipe reflects what I will do next time (lower oven temperature and add coconut half way through the baking time so that it does not burn).

Dry ingredients: *In a large bowl, combine the following dry ingredients. Stir to mix well.*

1¼ cups rolled oats (Quaker old fashioned oats)
¾ cup steel cut oats (good substitute for seeds, as steel cut oats are the size/texture of seeds)
1 tablespoon sunflower seeds
¾ cup chopped nuts (used ½ cup cashews and ¼ cup walnuts)
¼ cup brown sugar
1 teaspoon cinnamon
½ teaspoon flaked kosher style salt

Wet ingredients. *In a measuring cup, combine the following wet ingredients. Stir to mix well.*

1/8 cup olive oil
1/8 cup honey
1 teaspoon vanilla extract
1 teaspoon almond extract
1 teaspoon pure maple syrup

Reserve:

½ cup shredded coconut
1 cup dried fruit (used ½ cup dried cranberries, ¼ cup dried cherries, ¼ cup dried currants)

Preheat the oven to 325° F. Line a rimmed baking sheet with non-stick aluminum foil (or spray regular foil with non-stick cooking spray such as Pam). Add the wet ingredients to the dry ingredients in the bowl (excluding coconut and dried fruit). Stir well to incorporate. Spread the mixture onto the prepared baking sheet, in an even layer. Bake for 10 minutes, then add the coconut, stirring well. Mixture should still be soft and sticky. Return pan to oven and bake an additional 10 minutes, then stir. Depending on how dark you want it, either let granola cool or return pan to oven and bake an additional 5 or 10 minutes until it reaches the desired color. Once the granola cools, it will stiffen. Mix in the dried fruit. Store in an airtight container.

adapted from:

<http://thekitchensinkrecipes.com/2008/08/29/when-the-mountains-call/>

<http://foodandthoughts.blogspot.com/2007/03/homemade-granola-you-bet.html>

<http://www.designspongeonline.com/2008/02/in-the-kitchen-with-the-curiosity-shoppe.html>

<http://cafefernando.com/homemade-granola-recipe>

www.foodnetwork.com/recipes/alton-brown/granola-recipe/index.html

<http://homesicktexan.blogspot.com/2008/01/uncle-austins-granola.html>