

Granola

2 cups rolled oats
¼ cup sesame seeds
½ cup shredded coconut (unsweetened)
½ cup pecans, chopped (and/or walnuts, almonds, macadamia nuts)
½ cup sunflower seeds
1 ½ teaspoons cinnamon
2 tablespoons grapeseed oil
1/3 cup pure maple syrup (not pancake syrup made with corn syrup)
1 teaspoon vanilla
¾ cup *dried* blueberries, cranberries, cherries or raisins (or any combination of these)

Mix all dry ingredients together in a large bowl, then mix in the oil, maple syrup and vanilla. Take out a baking sheet with sides and line the bottom with parchment paper. Spread out the mixture evenly in the pan. Bake at 350 degrees, stirring now and then, for 20 minutes. Be sure the mixture does not burn. All you want is a bit of color for a toasted look.

Cool in the pan and then transfer back to the bowl and add *dried* fruits of your choice. Don't use fresh fruits if you plan to store this mixture, only as you serve it. Don't bake the dried fruit in the oven because it will become hard to chew. Store in an air-tight container away from heat.

Variations:

You can use maple flavoring instead of the vanilla for a stronger maple flavor.
You can add ½ teaspoon ground ginger and ½ teaspoon cloves for a gingerbread flavor.
Pumpkin seeds are a good addition.
You can cook this on the stove like regular oatmeal if you want it hot.

Gluten-Free Granola: You can buy gluten-free oats to use in place of regular rolled oats.

Discussion: There are many companies making granola, but most have too much sugar. This uses just a little maple syrup, which is lower on the glycemic index than sugar.