

Mom H's Granola (adapted from recipe in Linwood House cookbook)

Description

Preheat oven to 325°F

6 cups rolled oats
1 cup wheat germ (omit for gluten free)
½ cup sesame seeds
1 cup coconut
1 cup chopped almonds
1 cup shelled sunflower seeds
1 cup buckwheat groats
1 tsp sea salt
Dash of cinnamon
1-1/4 cups honey
¾ cup coconut oil, melted
1 tsp vanilla
1 cup dried cranberries
1 cup pumpkin seeds
½ cup flaxseed (optional)

Mix together dry ingredients with the exception of the cranberries
Blend together oil and honey and warm slightly, stir in vanilla
Add to dry ingredients and stir together well
Spread onto 2 cookie sheets

Bake for 30 minutes, stirring every 10 minutes to brown evenly
When cooled, stir in the dried cranberries

Summary

Yield: 12

Prep Time: 1 hour

Category: Breakfast

Ingredients

Instructions