

Healthy and Hearty Breakfast Granola

EAT THIS HOMEMADE FOOD AT HOME OR PACK IT TO GO

THE GROCERY AISLES are filled with processed convenience foods. That seems great, but I'm not sure easy choices are good for our health. Making your own can be so simple. The sugars and fats in this granola recipe are natural, not processed, and with no added chemicals. This family recipe will make your kitchen smell amazing, and this granola tastes crazy good. This is a family recipe that my mother still serves today in her restaurant. Like many of my recipes, it can change according to what's available in my pantry. Get creative! Change out the fruits and nuts to your favorites. We love dried apricots in our granola, but the options are endless. [U](#)





PHOTO: LINDA M. BARRETT PHOTOGRAPHY

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INGREDIENTS:

1 cup brown sugar	1/2 cup sesame seeds
1/2 cup sugar	1/2 cup flax seeds
1/2 pound of butter	1 pound oatmeal (You can use gluten free oatmeal.)
1/2 cup honey	1/2 cup pecans
3/4 cup peanut butter	1/2 cup pumpkin seeds
1 teaspoon vanilla	3/4 cup golden raisins
1/2 cup almonds	3/4 cup dried apricots, chopped
1/2 cup sunflower seeds	3/4 cup dried cherries
1 cup coconut finely grated	

METHOD:

- In a medium-sized saucepan melt together the brown sugar, sugar, butter, honey, and peanut butter. Once removed from heat, add the vanilla.
- On a baking sheet covered with parchment, toss together all nuts, seeds, coconut, and oatmeal. Toast in oven at 350° for just 5 minutes to bring out flavors (don't overdo it).
- Combine the melted mixture and the toasted mixture and toss together. Pour back onto the baking sheet lined with parchment paper. Bake 10 minutes.
- Toss it again. Continue to bake until the granola is dark brown but do not let it burn. Keep an eye on it at this point. Remove from oven. It will still look a bit caramel-y (I made that word up.)
- Place the dried fruit all over the top. Toss it lightly just a bit. Allow it to cool. Break into small pieces. Taste it—it's goood! Serve with milk, almond milk, yogurt, ice cream, with your favorite fruit or enjoy plain. I store mine in glass canning jars with a wide mouth and a tight lid. Enjoy!

Pro Tip

Try Turkish dried apricots. Unlike the sweet, pretty, orange circles of fruit they are dark brown, shriveled, and ugly. They are sweeter with more intense apricot flavor. Pretty is not always better!

Let the mixture cool and dry before storing it, so the granola maintains its crunchiness.

