

Super Easy Granola

4c. oats

½ c. sunflower seeds

¼ c. sesame seeds

½ -¾ c. evaporated cane sugar (any kind of sugar is fine)

¾ c. whole wheat pastry flour (any kind of flour will do)

½ t. salt

1/3 c. oil

¾ c. water

1 t. vanilla

Instructions

- ❖ Pre-heat oven to 300 degrees
- ❖ In a large bowl combine the dry ingredients
- ❖ In a separate container whisk together the wet ingredients
- ❖ Pour wet stuff over dry and mix really REALLY well
- ❖ Spread evenly on to a large baking sheet
- ❖ Bake about 25 minutes, stir the granola well and bake for about 15 more minutes – stir well again and check for doneness- granola chunks should be crisp – check the largest chunks 'cause they take the longest to cook.
- ❖ If it's not done check and stir every 5 minutes until golden brown and crunchy

Variations

Nutty Granola add:

½ c. chopped almonds or whole pecans

Peanut butter granola

substitute ¾ c. peanut butter for the oil

Fruity Granola add:

After baking mix in 1 c. any kind of dried fruit

Cinnamon Ginger Spice Granola add:

1 t. cinnamon

½ t. ginger

After baking mix in 1 c. chopped crystallized ginger