

# H O M E M A D E   G R A N O L A

## Ingredients:

- 8 Cups rolled oats
- 1 Cup sunflower seeds
- 1 Cup chopped almonds
- 1 Cup chopped walnuts
- 1 Cup chopped pecans
- 1 cup ground flax-seed
- 1 ½ Teaspoons salt
- ½ Cup brown sugar
- ¼ Cup maple syrup
- ¾ Cup honey
- 1 Cup sunflower oil or coconut oil (I use coconut)
- 1 Tablespoon ground cinnamon
- 1 Tablespoon vanilla extract



## Directions:

1. Mix together the oats, flax seed, sunflower seeds, almonds, pecans, and walnuts in a large bowl.
2. In a pot on the stove top stir in the oil, salt, brown sugar, maple syrup, honey, cinnamon, and vanilla and stir. Heat slowly and melt. Turn off burner.
3. Pour the liquid mixture over the dry mix and stir to coat.
4. Preheat oven to 325° F. Line two large baking sheets with parchment paper and spread the mixture out evenly on the baking sheets.
5. Bake in the oven until crispy and toasted about 20 to 25 minutes stirring halfway through. Please note it does get crunchy after you pull it out of the oven and cools down.
6. Store in a large container with a lid after completely cooled down.

