

## **Best-Ever Granola**

Becky Goldsmith

Preheat oven to 325°.

1 cup flax seed (gold or brown, they do taste different)

1 cup unsalted sunflower seeds

1 cup sliced almonds

1 cup broken pecans

1 cup broken walnuts

1 cup broken cashews

1 cup pumpkin seeds

1 cup unsalted pistachios

Add any other nut that sounds good.

1-2 teaspoons ground cinnamon

1 teaspoon ground ginger (if you like it)

2-3 tablespoons coconut, canola, or grape seed oil

3/4 cup honey OR a mix of honey, maple syrup, and/or molasses

6 cups old-fashioned oats

- In a large mixing bowl, combine nuts, seeds, and spices. Stir to mix.
- Add oil and stir well.
- Heat the honey just a bit in the microwave. Add it to the dry mixture. Stir mixture well.
- Add oats 2 cups at a time. Stir to mix.
- Spread granola evenly in a large pan with high sides.
- Bake 40 minutes—stirring every 10 minutes.
- Remove from oven. Cool. Store in an airtight container.

Serving size: ½ cup

It's great with plain non-fat yogurt.

I haven't tried it, but nutmeg and/or allspice could be good additions.