

Honey Maple Granola

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- 4 cups whole oats (gluten-free oats are available for those with gluten intolerance)
- 1 cup sliced or slivered almonds
- 1 teaspoon ground cinnamon
- ¼ teaspoon sea salt (optional)
- ¼ cup maple syrup
- 4 Tablespoons honey
- 1 teaspoon natural vanilla or almond flavoring
- ¾ cup raisins or dates (for iron rich nutrients) or other dried fruit - cranberries, cherries or blueberries
- ¼ cup lightly salted sunflower seeds or pumpkin seeds

Heat oven to 300° F. Mix oats, almonds, cinnamon and salt. In a saucepan warm the maple syrup, honey and natural vanilla/almond flavoring. Pour heated liquid mixture over oat mixture and stir carefully – it's really hot!

Spread coated oats evenly on a cookie sheet and bake for 35-40 minutes, turning mixture every ten minutes. Cool completely. Mix in desired dried fruits and seeds. Stays fresh at room temperature for approximately 1 week or in the freezer for 3 months.