Madaket Home
inspiration from a young homemaker

Ruthie's Granola

1. Preheat oven to 250 degrees.
2. Mix the following in a large bowl:

    4 cups extra thick rolled oats (Bob's Red Mill)
    3 cups of nuts- any combo would work but this is what I like
        1 cup whole almonds (skin on), chopped
        1 cup slivered almonds
        1 cup walnuts or pecans, chopped
    1/2 cup raw sunflower seeds
    1/2 cup raw pumpkin seeds (pepitas)
    1/2 cup – 1 cup coconut, unsweetened (optional)
    1 teaspoon cinnamon
    1 teaspoon ground ginger

3. Combine the following in a microwave safe bowl. Microwave until warm & ingredients dissolve (about 30 seconds):

    1/2 cup water
    1 teaspoon salt
    1/2 cup honey
    1/3 cup safflower or canola oil

4. Pour liquid over dry ingredients and toss well.
5. Spread onto a large baking sheet covered with parchment or foil.
6. Bake for a total of about 2 hours. Pull out the granola and stir gently every 20-30 minutes. Keep a close eye on the granola towards the end, as it will turn overly brown quickly.
7. Let cool completely before storing.

Notes:

-Make sure all ingredients are raw – not roasted or salted. BUT, sometimes I use salted sunflower seeds and the salty sweet combination is good.

- Flax is a good addition before or after baking
- Dried fruit is nice to add after the granola cools.
-The mixture will be fairly dry and slightly sticky
-Store in the refrigerator or freezer for optimal freshness.