

Homemade Granola

4 cups rolled oats

1/2 cup sesame seeds

1/2 cup sunflower seeds

1/2 cup blanched/slivered almonds

1/3 cup honey

1/3 coconut oil (melted)

2 T vanilla

1 tsp cinnamon

3/4 cup raisins (*** I love dried figs, apricots, cranberries, cherries, blueberries, coconut- you get the idea. Branch out. Raisins are merely a starting point. Even little bits of crystallized ginger are good!*)

Preheat oven to 300 degrees. In a large bowl mix the first four ingredients. In a separate bowl mix together the honey, oil, and vanilla. Pour into the oat mixture. Mix well. Spread the granola out into a thin layer on baking sheet. Bake for about 35 minutes stirring often (every 5 minutes.) Remove from oven, allow to cool, add dried fruit, and mix together. Store in a sealed jar to maintain freshness.