

# Frankie's Homemade Granola

Once you've tried this homemade granola you won't ever want to buy granola again! It's easy to make and the recipe is very flexible to suit your tastes. Buon appetito!

## Ingredients:

- 3-1/2 cups rolled oats
- 1/2 cup ground flax seed (optional)
- 1 scoop vanilla protein powder (optional)
- 1-1/2 cup nuts (I prefer pecans)
- 1 cup seeds - such as pumpkin or sunflower seeds
- 1 cup unsweetened coconut flakes (optional)
- 1 teaspoon salt
- 1-1/2 teaspoon spices such as cinnamon, allspice, pumpkin spices, nutmeg, ginger and cardamon
- 1/3 cup oil - such as coconut, avocado or sunflower oil
- 3/4 cup sweetener - such as honey, maple syrup, agave, or brown rice syrup
- 1-1/2 cup assorted dried fruits - add after baking (see Frankie's Tips)

## Procedure:

1. Pre-heat oven to 300 F.
2. Place oats, flax, protein, nuts, seeds, coconut, salt and spices in a large mixing bowl. Stir together.
3. Add oil and sweetener and stir thoroughly.
4. Spread out on two large baking sheets.
5. Bake for approximately 45 minutes, stirring once after 30 minutes. Stop when granola is golden brown and the aroma is is amazing.
6. Sprinkle with dried fruits after removing from the oven.
7. Cool completely in the pan and then store in airtight containers.

## Frankie's Tips:

- ◆ The quantity of all ingredients is flexible. If you make a larger or smaller quantity, be sure to adjust oil and sweetener accordingly.
- ◆ **The flax seed and protein powder:** are completely optional. If you leave out the flax seed, I suggest adding another 1/2 cup of oats.
- ◆ **Nuts:** Use whatever nuts you like. Sometimes I use Trader Joe's sweetened pecans which are already roasted. If you use a product like this, add after baking.
- ◆ **Coconut:** If you prefer to you can use shredded or flake coconut. If so, add it for the last five minutes of baking so it does not burn.
- ◆ **Spices:** I like to use a blend of spices. I generally do 3/4 teaspoon cinnamon and then small quantities of the others as desired.
- ◆ **Oils:** Choose something healthy and with a relatively neutral flavor.
- ◆ **Sweeteners:** I typically do a blend of raw honey and pure maple syrup. Use what you like!
- ◆ **Fruits:** Use any dried berries or fruits that you like. I vary mine. If using larger fruits such as apricots or apples, cut them into smaller pieces.

