

Irresistible Granola

Mom and I had been kicking around the idea of putting together a granola recipe for a couple years, and the only thing that hindered us, was determining how to get the sticky sweetness without sugar or agave. So we brought out every likely ingredient we had in the pantry and began mixing. Mom knew we had gotten it right when she left the house for a baseball game with my son, before the granola came out of the oven, and when she came back two hours later, half the granola was gone—and I had a guilty look on my face.

This recipe is great as it is, but we urge you to use whatever cereals, seeds, and/or nuts you prefer to make it your own. The only proportions you need to keep in mind are, for the amount of liquids specified, use 5 cups of dry ingredients. Kris

Makes: 5 cups

Prep Time: 35 minutes

Bake Time: 30 minutes

Ingredients:

1/4 cup brown rice syrup

1/4 cup maple syrup

2 teaspoons vanilla extract

1/4 teaspoon salt

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1 ¼ cups puffed millet

1 ½ cups crispy brown rice cereal

1 cup gluten free corn flakes

1/2 cup shelled, roasted pumpkin seeds

1/4 cup sunflower seeds

1/4 cup raw shelled hemp seeds

3 tablespoons sesame seeds

Kitchen Tools:

Large baking sheet

Large bowl

Small saucepan

Parchment paper

Instructions:

1. Preheat oven to 250 degrees F (121 degrees C). Cover a large baking sheet with parchment paper and set aside. Oil a large bowl.
2. Heat the brown rice syrup, maple syrup, vanilla, and salt over medium low heat to boiling.

3. Mix the cereals and seeds together in a large bowl. Pour the syrup mixture over the cereals, and stir to coat thoroughly.
4. Spread mixture evenly onto baking sheet, and bake for 30 minutes.
5. Remove granola from oven, pour into a large bowl, and stir in dried fruit if desired. Allow the granola to cool and enjoy as a snack, over ice cream, or pour cold coconut milk over the granola for a great breakfast. Store in a covered container.

Variations:

Cinnamon Granola: Add 1 teaspoon ground cinnamon to the syrup mixture.

Chocolate Granola: For light chocolate flavor, add 2 tablespoons cocoa powder to the syrup mixture as it heats. For stronger chocolate flavor, add more cocoa and increase sweeteners to taste.

Dried Fruit Option: After baking, stir in up to 1 cup of any dried fruit you choose, such as blueberries, unsweetened shredded coconut or raisins.

Alternate Sweeteners:

¼ cup honey

¼ cup agave or Dolcedi or Allulose

1 to 3 teaspoons vanilla extract

OR

¼ cup brown rice syrup

¾ teaspoon Sweetleaf English Toffee liquid stevia

1 to 3 teaspoons vanilla extract