

Melody's Maple Granola

As transcribed by Sandi Wiseheart



Hearty and full of all the good stuff, this is the best (and most addictive!) breakfast cereal ever.

High in protein, fiber, and sheer deliciousness. Best of all, this recipe is easily customized, as ingredients may be substituted to suit individual needs or desires.



Dry Ingredients

Oats, uncooked	10 cups (38 oz)
Wheat germ	1 cup (2.4 oz)
Almonds, sliced	1 cup (3.2 oz)
Pecan pieces	½ cup (2.2 oz)
Walnut pieces	½ cup (2.3 oz)
Sunflower seeds	1 cup (4.5 oz)
Salt	1 tsp
Brown sugar, packed	½ cup (3.6 oz)
Cinnamon	1 tbsp
Ginger, ground	1 tbsp
Cloves, ground	½ tsp

Mix well in large bowl; set aside.

Wet Ingredients

Maple syrup	1.5 cups (14.1 oz)
Vegetable oil	1 cup (7.7 oz)
Vanilla, double strength	1.5 tbsp (if using regular strength, use 3 tbsp)

Mix well in medium bowl; set aside.

Fruity Ingredients

Brown raisins	1 cup (6 oz)
Golden raisins	1 cup (6 oz)
Dried cranberries	1 cup (6 oz)
Dried apricots, chopped	1 cup (6 oz)

Mix well in medium bowl; set aside.

Substitute for any ingredient as desired.



Tim will be happy to eat yours if you don't want it. *With extra milk, please.*

- Thoroughly mix Dry and Wet goodies together in monster bowl. (NO FRUIT YET.)
- Line sheet pan with parchment paper.
- Spread mixture in pan, about ½" deep.
- Bake at 300°F for 45-50 min.
- Remove from oven; stir well; spread evenly.
- Return to oven for another 45-50 min or until golden brown (more color=more crunchy).
- Remove from oven; let cool in pan on wire rack.
- Stir gently now and then.
- When absolutely cool, mix in fruit.
- Store in tightly sealed containers.

Makes about 16 cups. Makes more if you don't keep test-tasting as it cools.

Serving size: One-half cup is plenty for a hearty breakfast and contains a ridiculous amount of protein.