

Crunchy Granola: Yield: About 3 cups

Preparation Time: About 15 minutes

Baking Time: About 30 - 35 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none">• 2 ½ cups rolled oats (not quick oats)• 1/4 cup oat bran• 2 Tbsp. flax seeds• 1/4 cup sliced almonds• 1/4 cup raw pumpkin seeds• 1/4 cup shredded unsweetened coconut• 1/4 tsp. cinnamon• 1/4 tsp. ground cardamom• 1/4 cup liquid honey• 1/4 cup unsweetened apple juice• ½ tsp. vanilla• ½ cup chopped dried fruit (such as raisins, cranberries, apricots, dates, figs, cherries)	<ul style="list-style-type: none">• measuring cups and spoons• medium-sized bowl• small-sized bowl• jelly roll pan• parchment paper• spatula

Method:

1. Preheat the oven to 350 F.
2. Line a jelly roll pan with parchment paper (or grease with a little butter).
3. Measure the oatmeal, oat bran, flax seed, almonds, pumpkin seeds shredded coconut, cinnamon and cardamom into a large-sized bowl. Mix together with clean hands.
4. Measure the honey, apple juice and vanilla and put into a small bowl. Mix together and add to the dry ingredients. Toss together with your hands.
5. Spread on prepared pan.
6. Bake for about 30 - 35 minutes, turning the mixture over with a spatula after about 15 minutes.
7. Remove from the oven on to a cooking rack. Add the dried fruit. Once cool, store in an airtight container.
8. Serve with milk or sprinkled on yogurt or fruit.

Tasty Tip:

Layer in a wine glass with low-fat vanilla yogurt and fresh berries with a sprig of fresh mint on top. Beautiful, tasty, delicious and healthy!