

Granola:

4 cups old-fashioned rolled oats

1.5 cups raw crushed nuts and/or seeds (I use pecans and sunflower seeds)

1 teasp sea sats

½ Teasp cinnamon

½ cup olive oil

½ cup pure maple syrup or honey

1 Teasp vanilla extract

2/3 cup dried fruit (chopped if large)

(I use dried cranberries and Cacao Nibs and often add unsweetened coconut flakes.)

Preheat oven to 350 degrees and line a baking sheet with parchment paper.

In a large bowl, combine oats, nuts/seeds, salt and cinnamon, stir

Mix oil, syrup or honey and vanilla in small bowl, pour over nut mixture and combine.

Spread mixture on baking sheet in an even layer.

Bake until golden brown, about 20-24 minutes, stirring half way through.

Let cool completely and add dried fruit.

Store in air tight container 1-2 weeks