

MEL'S HONEY GRANOLA

Recipe provided by Mel Fisk

Preheat oven to 325°F – Have a large cake pan (at least 9X13) or large roasting pan ready (ungreased)

In a **large** pot (stainless steel, glass, etc.) combine:

½ C mild oil (safflower, canola, NOT Olive oil)

½ C raw honey

Pinch of salt

1 tsp. vanilla extract (optional)

While liquids are heating, combine the following dry ingredients in a large bowl mixing well:

2 C wheat flakes

2 C barley flakes

5 C rolled oats (may need 2-3 more cups)

¾ C coarsely chopped raw almonds

¾ C coarsely chopped raw pecans

½ C raw pumpkin seeds

½ C raw sunflower seeds

Add grain/nut/seed mix to pan on stove – keep heat on low. Stir well to coat all ingredients. Bake on middle rack in oven 15-20 minutes. Remove pan and stir mix. Cook 12-15 minutes more. Repeat these steps until granola is toasty, golden brown. ****Tip:** Be sure to bring ingredients from edges (cooks faster) to center of pan and mix bottom to top.

Cool on rack – stirring occasionally. Cool completely before storing in fairly air-tight container.

This recipe begs for experimentation, individualism, substitutions, additions, subtractions according to your and your family's preferences: flax seeds, sesame seeds, peanuts, cashews, rye flakes are other options. Leave out what you don't like and add what you do like!

Adjust baking/stirring time intervals according to cereal quantity/pan size. The larger the pan, the shorter the toasting time for this great snack! ENJOY!!