



Sunflower Seed Granola

Ingredients:

1/3 cup honey
4 Tbsp. (1/2 stick) unsalted butter
3 cups flaked whole grain oats
1 cup mixed nuts, including slivered almonds, coarsely chopped pecans, and walnuts
1/2 cup sweetened coconut flakes
1/4 cup hulled green pumpkin seeds
1/4 cup sunflower seeds
1/2 tsp. salt
1/2 cup raisins or golden raisins (or a combination of both)
1/4 cup dried cranberries or blueberries
1/4 cup dried banana chips

Preparation:

Make sure the oven rack is in the center position and preheat the oven to 325°F.

Combine the honey and butter in a small saucepan. Heat on low heat and stir until melted. Remove from the heat.

Combine the oats, mixed nuts, coconut, pumpkin seeds, sunflower seeds, and salt in a large bowl. Stir with a large wooden spoon to mix well.

Pour the honey butter over the oat mixture and stir until well combined.

Spread the granola evenly in a thin layer on a baking sheet.

Bake, stirring every 5 minutes with a wooden spoon to prevent the granola from sticking or burning, until fragrant and golden brown, about 20 minutes. (Do not overcook-the granola will crisp as it cools.)

Using oven mitts or pot holders, remove the baking sheet from the oven and place on a wire rack to cool. When completely cooled, transfer the granola to a large mixing bowl and stir in the dried fruit.

Transfer to an airtight container and store at room temperature for up to 1 week.

Yield: 6 servings

