CRUNCHY GRANOLA

This recipe is terrific for breakfast! And, if you find yourself on the go, toss in some chocolate chips and you have yourself a delicious trail mix snack! Store granola in an airtight container in a cool dry place. Use any mix of rolled grains for flavor, color, and variety. The granola will keep for at least one month in a covered container.

INGREDIENTS

3 cups old fashioned rolled grains (oats, barley, rye, etc.)
1 cup sunflower seeds
1 cup hazelnuts
⅛ teaspoon salt
1 teaspoon cinnamon
½ cup American Hazelnut oil, or vegetable oil
¼ cup maple syrup
1 cup puffed Kernza, or other puffed cereal
½ cup dried cranberries

DIRECTIONS

Line a baking sheet with parchment paper and preheat the oven to 275 degrees F. In a mixing bowl toss together the oats, sunflower seeds, hazelnuts, cinnamon. Stir in the oil and the syrup and toss to coat the ingredients. Turn the granola into the pan and press into one even layer. Bake the granola, rotating the pan, until the granola is golden and slightly soft to the touch, about 1 hour to 1:10. Allow the granola to cool completely in the pan, then stir in the puffed Kernza and the dried cranberries. Store in a covered container.

Look for this and other great recipes in the Perennial Kitchen cookbook, due out in March 2021.