



GRANOLA RECIPE

A client's most amazing granola recipe! Yummy!

Pre heat oven to 375 F.

INGREDIENTS:

- Large Rolled Oats
- Kamut Flakes
- Spelt Flakes
- Pumpkin Seeds, roasted unsalted
- Almonds, roasted unsalted
- Walnuts. Hazel nuts roasted unsalted (optional)
- Cranberries, washed in boiling water and squeezed dry
- Prunes cut in quarters
- Apricots cut in quarters
- 2 Cups Buckwheat Honey or sufficient to saturate the mixture.

- Shredded Coconut. Ground flax seed: add these items before the last round of baking.

METHOD:

- With the exception of the Coconut and Ground Flax Seed, combine all ingredients in the roasting pan with fingers. Spread evenly in bottom of pan. Do not compact, speed loosely.
- Pour honey evenly over the top and place in oven until top is golden brown. Remove from oven.
- Using a sturdy metal spatula mix mixture with a spreading motion to evenly distribute melted honey (about 5-10minutes). Pour more honey evenly over the top and replace in oven until top is golden brown.
- Remove from oven and add Coconut and Ground Flax. Using the metal spatula repeat the mixing to evenly combine melted honey, Coconut and Ground Flax. Replace in oven until golden brown. Remove from oven. Mix with spreading motion until all honey is saturated into ingredients and removed from surface of the pan. (...upper body work out!)
- Let stand in a cool place uncovered until thoroughly cooled.
- Make in the morning and package it in the evening. Any quantity of residual heat will cause moisture build. This will reduce the crunch factor.

Enjoy!