

Name Vickie

Recipe **Grand Canyon Granola**

Type Appetizers

Instructions GRAND CANYON GRANOLA

The most energy for the least amount of backpack weight. Sunset recipe, May 2008

2 c. rolled oats
Â¼ c. nonfat dried milk
Â½ c wheat germ
Â½ c. shredded, unsweetened coconut
Â½ c. chopped almonds
Â½ c. raw sunflower seeds
Â½ c. roasted soy nuts
1 cup pecans or walnuts
Â¼ c. white sesame seeds
Â½ c. honey
Â¼ cup maple syrup
1 tsp. vanilla
Â¼ c. firmly packed brown sugar
Â¼ vegetable oil
Â½ cup raisins and/or dates

Preheat oven to 300 degrees. In a large bowl, mix together oats, dried milk, wheat germ, coconut, nuts and seeds. In a small saucepan, combine honey, maple syrup, vanilla, brown sugar and oil and bring to a boil. Pour over dry mixture and mix together with a wooden spoon. Slightly oil a large rimmed baking sheet. Pour the mixture onto the sheet. Bake 15 minutes. Stir granola and bake another 10 minutes.. Sprinkle in raisins and/or chopped dates and bake 5 more minutes. The granola will look wet and sticky, but will dry out as it cools. Let granola cool completely on baking sheet. Store in an airtight container for up to two weeks.
Makes 8 cups.