

One-pan Granola

A recipe for granola is as good as your imagination and the ingredients on your pantry shelf.

Start with 5 to 6 C. old-fashioned rolled oats

Add 6 C. total of an or all of these

soy flour

whole wheat flour

wheat germ rolled wheat flakes

sunflower, pumpkin, sesame seeds

non-fat dry milk powder

shredded coconut

unsalted nuts (almonds, peanuts, cashews, walnuts, pecans)

Options for dry mixture:

1 C. bran

½ c. millet

¼ c. soy grits

2 T. nutritional yeast

2 t. cinnamon

1 t. salt

Heat in a large roasting pan.

½ to 1 C. oil or 2 sticks butter or flax oil

½ to 1 C. honey, molasses or maple syrup or any mixture of these

½ C. water

2 t. vanilla or almond extract

When liquid mixture is warm and thinned, begin adding dry ingredients: stir each in well with a large wooden spoon.

Granola may be toasted right in the roasting-mixing pan. Set oven at 250°; bake approximately 2 hours, stirring every 20 minutes. you may spread mixture on cookie sheets, too, for shorter baking time (about 30 minutes at 325°). Turn with pancake turner at 10 minute intervals.

Watch carefully until done to your family's taste; remember granola becomes crisper as it cools in the pan. If you have difficulty getting the mixture to taste cooked, you might try toasting the flours lightly in the oven or by stirring in an iron skillet for a few minutes.

When the cereal is cool, mix in up to 2 C. of dried apricots, apple, or pineapple, raisins, banana chips, dates or prunes. Serve "as is" for a snack, or with milk or yogurt for breakfast, or create your own granola bars. Makes about 14 cups.

From LaLeche League Cookbook, 1986.