

Absolutely Yummy (and Healthy) Granola

By Penny Swann

4 ½ cups rolled oats	1 ½ cup sliced almonds (whole works too)
2 ½ cups rolled barley	2 cups pumpkin seeds****
2 cups white quinoa flakes*	2 cups raw, unsalted sunflower seeds
1 ½ cup ground flax	1 ½ cups pecan gems
¾ cup red quinoa, popped**	1 cup chopped walnuts
1 cup millet, toasted***	
1 cup raisins or other dried fruit (reserve until baking)	

Measure these ingredients together, except the raisins, into an extra large bowl and mix together.

In a saucepan, combine (I just use my sauté pan I've done everything else in):

1 cup olive oil	1 tsp cinnamon
2 cups honey	½ tsp salt
½ cup brown sugar	½ tsp nutmeg
1 Tbsp + 1 tsp pure vanilla	2 Tbsp butter

Cook over medium heat until sugar is dissolved and the mixture becomes like syrup. Pour over grains and stir thoroughly until the grain mixture is moist.

Spray three large cookie sheets with non-stick, cooking spray or cover with parchment paper. Pour mixture on pans and spread out evenly. Bake at 350 F for 15 minutes until golden brown, stirring every five minutes. Add 1/3 cup of raisins to each pan of granola for the last 5 minutes of baking. Remove from pan and cool. (I cool in the pans on top of the stove, stirring every 10 minutes or so until cool enough to put in Tupperware.)

Store granola in an airtight container or quart-size resealable bags. Makes about six quarts.

Note: Also really good as cereal with milk on it.

*You find these in the hot cereal section, near cream of wheat

**To pop red quinoa: place about ¼ cup at a time in a hot sauté pan without oil or water. Stir frequently. You will hear the grain pop (it doesn't burst open like popcorn, just jumps around – and sometimes out of – the pan). Allow it to pop for about a minute, as you continue to stir so the grain doesn't scorch.

***To toast millet: place about ½ cup at a time in a hot sauté pan without oil or water. Stir frequently to avoid burning. The millet will become slightly more yellow as it toasts and only takes a couple of minutes. Penny goes by her nose; it smells like toast when it's done.

****I have done this with raw pumpkin seeds or toasted 1 cup and done the other cup raw. To toast, add a teaspoon of oil to hot sauté pan (I prefer pumpkin seed oil, but olive oil works too). Stir on medium heat, they'll pop, sometimes jump out of the pan, but basically they just turn brown. It gives them a nutty flavor.