



# *Wolf Pine Farm*

## *Community Supported Agriculture*

### **Wolf Pine Farm Basic Granola** (2-tray batch)

All ingredients and measurements in this recipe are flexible. If you don't want oil, leave it out. If you want it less sweet, just cut back on the honey. The nuts and seeds can be in any combination, and you can change the spices and flavorings around to suit your tastes.

**In a small saucepan, warm the following ingredients so that they will easily combine with the oat mixture:**

- 4 tablespoons oil (coconut oil or other high-heat oil of your choice like high-heat safflower oil)
- 7 tablespoons honey (maple syrup would work well too)

**In a large bowl, combine & mix well:**

- 5 cups oats
- 1 teaspoon cinnamon
- ¼ teaspoon sea salt
- ½ teaspoon vanilla
- 1 cup of shredded coconut (if you like it)

Drizzle the oil and honey over the oat mixture and stir or knead to distribute the oil and honey. Pour the mixture onto an ungreased cookie sheet. (Don't wash the bowl! We'll use it again.)

**The maple-nut step: This step helps the nuts have a more pronounced maple flavor than if you mixed them all into the oats. In the emptied oat bowl add:**

- 2 cups or more of mixed chopped nuts and seeds (use whatever you have on hand. Try cashew pieces, almonds, sunflower seeds, pecans, walnuts, etc.)
- 2 tablespoons maple syrup

Pour the nut mixture onto the cookie sheet with the oat mixture and gently mix them together.

**Baking Note:** When baking, you are looking for the granola to come out slightly golden in color. It will not be crispy right away but will crisp up after cooling. Better to take it out too soon than too late. Different types of rolled oats will sometimes bake at different rates also.

**Put the cookie sheet into a 350° oven.** Set the timer for 10 minutes. At 10 minutes stir the granola on the tray being sure to move the granola on the edges into the middle (the edges will brown first). Set the timer for another 10 minutes. Pay close attention to the granola in the last five minutes checking as needed. You may be done after a total of 20 minutes and you may want to bake it slightly longer, adding a minute or so at a time. You could take a spoonful out and let it cool slightly for a taste test. When it is done to your liking, let it cool on the tray. When cooled, add 1 ½ cup or so of small or chopped dried fruit like apples, raisins, cranberries, candied ginger... whatever you like.

**Store** the full cooled granola in ball jars or other air-tight containers. It will last for a very long time... if you don't eat it all right away.

**Serve** with a topping of frozen blueberries or any fresh fruit that you have on hand. Ground or whole flax seed is a healthy addition at this point as well.