



Homemade Granola

This 1960's hippie food has become a mainstay in my 21st century pantry. I enjoy it most over Greek yogurt drizzled with honey and dotted with fresh blueberries. My kids prefer to eat it straight up. The recipe is quite versatile. So if you don't like your granola "naked," dress it up a bit by substituting or adding other nut varieties, dried fruits or even flaked coconut. Just be sure to incorporate the dried fruits and coconut after the granola has been baked.

Vegetable oil cooking spray
4 cups old-fashioned oats
1 cup sliced almonds
1/2 cup packed light brown sugar
1/4 teaspoon salt
1/8 teaspoon ground cinnamon

1/3 cup canola oil
1/4 cup honey
2 tablespoons sugar
2 teaspoons pure vanilla extract
2 teaspoons almond extract

Preheat oven to 300 degrees and place one of the racks in the middle of the oven.

Lightly coat a large baking sheet with cooking spray. In a large mixing bowl, combine the oats, almonds, brown sugar, salt and cinnamon; set aside. In a small saucepan, combine the oil, honey and sugar; bring to a simmer over medium heat. When the sugar has dissolved, remove the oil mixture from the heat and stir in the vanilla and almond extracts.

Pour hot liquid over oat mixture; thoroughly combine. Spread granola on baking sheet. If you like granola "nuggets," grab small amounts of the mixture in the palm of your hand and squeeze together.

Bake, stirring every five minutes, for approximately 30 minutes or until lightly browned. Cool completely before storing. The granola will keep in an airtight container at room temperature for a couple of months.