



Oatmeal: Homemade Granola

Ingredients

- 1-1/2 cups quick rolled oats, uncooked
- 2 cups bran cereal flakes
- 1 cup sunflower seeds
- 1-1/2 cups raisins
- 1 cup sesame seeds
- 1/2 cup chopped pecans
- 1/2 cup vegetable oil
- 1/2 cup honey
- 1 tablespoon molasses
- 1 teaspoon vanilla extract

Directions

- Preheat oven to 350 degrees F. Line a large jellyroll pan with parchment paper or Silpat baking liners.
- Place rolled oats, bran cereal flakes, sunflower seeds, raisins, sesame seeds, pecans, and coconut in a large mixing bowl. Toss gently, taking care not to break the cereal flakes.
- Place oil, honey, molasses, and vanilla in a heavy saucepan. Bring to a simmer over medium heat, mixing to combine.

- Pour the honey mixture over the granola and toss gently until completely coated. Spread the granola evenly over the lined jellyroll pan.
- Bake 15 to 20 minutes until golden brown. Let cool to room temperature before storing in airtight containers.