

Common Sense COOKING

Granola

Heat oven to 350F.

Makes about 4 cups or 12 servings @ 1/3 cup

2 cups Old fashion dry oats (5 minute cooking are best)

¼ teaspoon of salt

½ cup honey, maple syrup or a combination

1/4 cup extra virgin olive oil

½ teaspoon cinnamon

½ cup almonds

½ cup raisins

Put the 2 cups Old Fashioned dry oats in a bowl. Mix in the salt. Make a well in the center of the oats. Pour the honey, extra virgin olive oil and the cinnamon into the well. Mix thoroughly. A fork is the easiest way to mix the ingredients. The mixture will be sticky. Mix in the almonds. Spread on a jelly roll sheet using a fork to evenly spread out the mixture.

Bake for 15 minutes. Stir with a fork to separate the mixture. Bake another 5-8 minutes or until golden brown. Keep on eye on it as the mixture can burn quickly. Remove from the oven. Use a fork to separate the mixture from the pan. Move the mixture to a clean, cool cookie sheet to cool. If you allow it to cool on the pan that you have cooked it on, it will harden and be difficult to remove. Add the raisins when it is cool. Store cooled granola in an airtight container.

Calories with nuts per 1/3 cup (12 servings): 180