



Fitch Hill Inn

A Bed & Breakfast

Granola

4 cups rolled oats
½ cup wheat bran
1 cup wheat germ
1 cup sunflower seeds
1 ½ cups unsweetened shredded coconut (optional)
½ cup vegetable oil
½ cup real maple syrup or honey
½ tsp vanilla

1. Heat oven to 325 F
2. In a large bowl, mix all dry ingredients together.
3. Heat oil, syrup or honey, and vanilla in a small saucepan or in the microwave, then pour over dry ingredients and mix well.
4. Coat a large jelly roll pan (11 x 15) or two smaller cookie sheets (with sides) with nonstick spray and spread mixture evenly.
5. Bake for 10 minutes, remove from oven & stir. Put back in (swapping shelves if using two pans) and bake until lightly brown. Watch carefully as oven times vary. Finished granola is no longer wet, and beginning to be crunchy.
6. Cool, stirring to break up clumps, and store in a tightly sealed container.