

HOMEMADE GRANOLA (Lynne's)

Yield: About 6 cups or 12 servings

To make it a totally Blue Zones breakfast, serve it with goat's or soy milk. This homemade granola will keep in a sealed, airtight container for about 2 months.

3 cups rolled oats (do not use quick-cooking or steel-cut oats)

½ cup chopped unsalted nuts, such as walnuts, pecans, and/or almonds

1/3 cup honey

¼ cup walnut oil, pecan oil, or olive oil

2 teaspoons vanilla extract

½ teaspoon ground cinnamon

½ teaspoon grated nutmeg

¼ teaspoon salt

½ cup dried berries or other chopped dried fruit, such as apples, pears, or dates

1. Position the rack in the center of the oven and heat the oven to 350°F.
2. Mix the oats, nuts, honey, oil, vanilla, cinnamon, nutmeg, and salt in a large bowl until well combined. Spread onto a large lipped baking sheet.
3. Bake for 10 minutes. Stir and continue baking until golden brown, about another 10 minutes.

Place the baking sheet on a wire rack. Sprinkle the dried berries or fruit on top; stir well. Cool to room temperature, about 1 hour.

Tip: For a bigger pop of flavor, use a nut oil to match the nut you've chosen: pecan oil with pecans or almond oil with almonds. Nut oils should be refrigerated once opened—and will stay fresh for about 2 months. In a pinch, substitute canola oil.

Tip: Vary the granola by decreasing the rolled oats to 2 cups and adding 1 cup rolled barley flakes.