



## Baked Granola

Tired of over-processed store-bought cereals? Most cereal is loaded with processed sugar and fat, and this baked granola recipe is a wonderful alternative. It can be eaten for breakfast, or as a quick snack to keep at your desk at work. A tasty pick-me-up!

### Ingredients

3 cups old-fashioned rolled oats  
3/4 cup sliced or slivered almonds  
1/2 cup raw sunflower seeds  
1/2 cup raw pumpkin seeds  
1/2 tablespoon wheat germ (optional)  
1/2 tablespoon ground cinnamon  
1/4 teaspoon salt  
2 tablespoons canola oil or 2 tablespoons unsalted butter, melted  
1/2 cup pure maple syrup  
1 cup dried fruits (cranberries, cherries, apricots, dates, figs, and/or raisins)

### Preparation process

Line a baking sheet with butter or a baking sheet, preheat the oven to 325 degrees and place a baking rack in the center of the oven.

Mix the oats, nuts, seeds, wheat germ, cinnamon and salt in a bowl.

In a separate bowl, stir together the oil or butter, and the maple syrup. Pour over the oat mixture and toss together until the ingredients are completely mixed.

Spread the mixture onto the baking sheet and cook for about 40 minutes, or until golden brown, stirring occasionally to ensure even cooking. Let the sides cook longer for crunchier granola.

Place on a wire rack to cool, breaking up any large clumps while the granola is still warm. Once the granola has cooled, refrigerate in a sealed container in the refrigerator

If you want to watch the video again. Click [here](#).