

## Fanny's Superfood Granola

MAKES ABOUT 7 CUPS (1¾ POUNDS)

Part of what encouraged my transition to whole grains was having my daughter, Fanny, a whole-grain and superfood enthusiast, back home from time to time. When Fanny was in college, she came up with the recipe for this granola, which she claims gave her the long-lasting energy she needed to get through a morning of classes. Making granola is not at all complicated and you can easily customize the recipe. The only time-consuming part is stirring it while it bakes to ensure it doesn't burn around the edges. Serve it with homemade yogurt for a delicious and healthy start to the day, or eat it by itself as an afternoon snack.

<i>3 cups rolled oats</i>	<i>½ teaspoon ground cinnamon</i>
<i>½ cup buckwheat groats</i>	<i>½ teaspoon ground cardamom</i>
<i>½ cup red quinoa</i>	<i>1 teaspoon vanilla extract</i>
<i>1 cup sliced almonds</i>	<i>¾ teaspoon sea salt</i>
<i>1 cup almonds, pecans, or walnuts, coarsely chopped</i>	<i>½ cup coconut oil</i>
<i>¼ cup sesame seeds</i>	<i>⅓ cup honey</i>
<i>½ cup chia seeds, ground</i>	<i>¾ cup golden raisins</i>
<i>½ cup sunflower seeds</i>	<i>¾ cup unsweetened shredded or flaked coconut</i>

Preheat the oven to 350°F.

In a large bowl, mix together the oats, buckwheat, quinoa, almonds, chopped nuts, sesame seeds, chia seeds, sunflower seeds, cinnamon, cardamom, vanilla, and salt.

Measure the coconut oil and honey into a heavy-bottomed saucepan. Warm over low heat, stirring until combined. Pour half the mixture into

the dry ingredients and toss to distribute. Add the remaining oil and honey mixture and toss again until the granola is evenly moistened.

Spread the mixture evenly on a rimmed baking sheet or jelly-roll pan. Bake for 10 minutes, then take the pan out of the oven and toss the granola with a spatula. Return to the oven, removing the pan and stirring every 5 minutes to ensure even toasting, until lightly browned, about 30 minutes in total. Add the raisins and coconut and bake for a final 5 minutes to lightly toast the coconut. The mixture should be golden. Remove from the oven and allow to cool completely.

Store in an airtight container for up to 1 month.

#### VARIATIONS

- ~ Add  $\frac{1}{4}$  cup of amaranth seed, pumpkin seeds, or flaxseeds.
- ~ Sweeten with  $\frac{3}{4}$  cup maple syrup instead of honey.
- ~ Instead of coconut oil, use clarified butter or a neutral oil.

