

Honey Granola

Yield : Approximately 5 cups

Ingredients :

3 cups oats
1 cup pumpkin seeds
1 cup puffed rice
1 tablespoon chia seeds
1 tablespoon flax seeds
2 tablespoons butter
1/3 cup water
1/3 cup honey
1 teaspoon vanilla extract
1/2 teaspoon salt
2 tablespoons brown sugar

Directions:

1. Mix oats, seeds, and puffed rice in a bowl and set aside.
2. In a small pot, combine butter, water, honey, vanilla salt, and brown sugar.
3. Over medium heat, cook until butter and sugar are melted.
4. Remove from heat, pour over oat mixture, and stir until the honey mixture is evenly distributed.
5. Spread onto a baking sheet lined with parchment paper.
6. Bake for 45 minutes at 300° F or until oats are golden.

