

Granola

4 c whole oats
1.5 c buckwheat
1.5 c sunflower seeds
1 c almonds
1/2 box currants*
1.5 c coconut*
1/3 cup canola oil
2/3 cup honey
1 t vanilla
1/8 t salt

Mix oats, buckwheat, sunflower seeds, almonds, oil, honey, vanilla, and salt in large, broad, stainless steel bowl. Place bowl in oven @ 300F.

Bake 90 minutes stirring every 30 minutes.

****Add Coconut and currents after removing from oven.***

Granola should be light brown, just past golden color. Stir every 10 minutes as granola cools to avoid sticking.