

## The Best Granola Recipes in the World by Food Storage Moms

### Linda's Granola Recipe

Ingredients:

Combine the ingredients below in a large bowl while you make the coating.

- 5 cups rolled oats (I prefer old-fashioned)
- 1 cup shredded coconut
- 1 cup raw sunflower seeds
- 1/4 cup sesame seeds
- 1 cup chopped almonds
- 1 cup chopped pecans
- 1 cup chopped walnuts

Coating:

Combine the following ingredients in a medium saucepan and cook over a medium heat stirring constantly. Do not boil. After the coating or syrup is dissolved pour over the ingredients above in the large bowl and stir until completely covered. Preheat the oven to 300 degrees. Spread the mixture onto cookie sheets and bake for 20-30 minutes. If you like it crunchier bake 10-15 minutes longer. Add the optional items below if desired.

- 3/4 cups brown sugar
- 3/4 cup water
- 3/4 cups vegetable oil
- 1/2 cup honey
- 3/4 tsp. salt
- 1 teaspoon cinnamon
- 2 teaspoons vanilla

Optional items:

Craisins, raisins, chocolate chips, candy like M & M's, etc.

## Lyn's-Paleo-Gluten-Free Granola

### Ingredients:

- 1 cup almonds
- 1 cup pecans
- 1 cup mixed nuts ( Cashews, Brazil, Almonds, and Pecans)
- 1 cup raw sunflower seeds
- 2 cups unsweetened shredded organic coconut
- 1/4 cup honey
- 1/3 cup melted virgin coconut oil
- 2 tsp vanilla
- 1 tsp cinnamon
- 1/2 tsp nutmeg

### Instructions:

1. Blend all dry ingredients. Blend all the wet ingredients then mix them together. Spread the mixture on parchment paper onto cookie sheets and bake at 300 degrees for 20 to 30 minutes. Don't allow to get too brown. Store, serve, enjoy!

## No Bake Healthy Granola Bars By Food Storage Moms

### Ingredients:

- 1/2 cup butter
- 2 cups brown sugar
- 1 cup honey
- 1-1/2 cups almond butter
- 1 cup coconut shredded
- 1 cup raisins
- 1 cup peanuts
- 2 cups raw pumpkin seeds
- 1 cup coconut oil, melted
- 2 teaspoons cinnamon
- 3 cups regular oats
- 3 cups puffed brown rice

### Instructions:

1. Place all the ingredients in a large bowl including the melted coconut oil (except the butter, brown sugar, and honey).  
Blend the mixture. Place the butter, brown sugar and honey in a medium pan and bring to a boil. Stir constantly. Boil for about 3-5 minutes over medium heat. Next, immediately pour the mixture over the ingredients and stir until completely moistened. Place the mixture onto a greased cookie sheet and cool in the refrigerator for about 30-40 minutes. Cut and wrap in desired bar sizes. These can be frozen as well.

## **Kendra's Yummy Granola Recipe**

Place the following in a large bowl and set aside:

- 32-ounces oatmeal uncooked
- 6-ounces puffed rice cereal
- 1 cup sunflower seeds
- 1-1/2 cups sliced or slivered almonds
- 2 cups unsweetened coconut

Put the following ingredients in a medium saucepan over low heat and stir all together:

- 1-3/4 cup honey
- 1-1/2 cups olive oil
- 2 tsp. salt
- 4 T. cinnamon

After cooking over low heat, stir in 2 teaspoons vanilla. Pour the liquid mixture over the dry ingredients above. Place in a greased 9-inch by 13-inch pan and bake at 350 degrees for 30 minutes. Turn the oats halfway through the 30 minutes to maintain even browning so the edges do not burn. Enjoy!