

# Granola

[guyworthey.net](http://guyworthey.net)

6 c. quick oats  
¾ c. sunflower seeds (unsalted, roasted)  
½ c. nuts (any)  
1 c. dried berries (any)  
½ c. flax seeds (or chia seeds, ground flax, buckwheat, etc.)  
(optional: ¼ c. coconut)  
1 tsp. cinnamon  
1 tsp. vanilla extract  
½ cup cooking oil  
½ cup honey  
¼ cup molasses (or maple syrup)

In a 13x9 baking dish, combine the ingredients (any order). Toast in a 325 °F oven for a total of 35 minutes or until golden brown, stirring once or twice during the toasting. Cool, stirring once or twice to break up big chunks. Store in an airtight container.