

## flax seed granola with dark chocolate

**Cook's Note:** *Granola is forgiving, like lots of things. If you don't have all the ingredients, it will still make. For instance, if you have only oats, nuts, and raisins, you'll have granola none-the-less. You would use a little less liquid or increase the oats a bit to make up for the missing fruit and seeds. The seasonings are also to your taste. Don't like ginger? Use a bit more cinnamon and skip it. And so on. BTW: Make sure you use fresh nuts to make any granola; nuts become rancid fairly quickly due to their high oil content.*

**Eater's Note:** *Granola should be well-chewed for digestive comfort.*

- 5 cups old-fashioned oats
- 1/4 cup flax seed meal
- 2 teaspoons cinnamon
- 2 teaspoons ginger
- 1/8 teaspoon ground cloves, *optional*
- 1 teaspoon kosher salt (or less per taste and diet)
- 1/2 cup flaked, sweetened or unsweetened coconut
- 1/2 cup each; choose 2: chopped walnuts, pistachios, pecans, or almonds
- 1/4 cup each; choose 2: pumpkin seeds, sunflower seeds, and plain sesame seeds
- 1/3 cup each: real maple syrup and honey (Can use all honey, but a mix is tastier. Can also use agave or part agave if that suits.)
- 3/4 cup applesauce
- 2 tablespoons olive oil
- 1/2 cup total chopped dried fruit: apricots, cherries, cranberries, currants or raisins (any/all) cut to 1/2" pieces when possible (smaller pieces become quite hard later on)
- 1/4 cup (about 1 3/4 ounces) good quality dark chocolate, very finely chopped or slivered (*optional and added after baking and cooling*)

*Pre-heat oven to 300 degrees F*

**Mix dry ingredients, except dried fruit and chocolate**, in a large bowl or soup pot. (oats through dried fruit) Meantime, heat liquid ingredients over low heat, in a small sauce pan, stirring until just warm and well-combined-- (syrup, honey, applesauce, and oil). \* Pour liquid ingredients over dry and mix well for a few minutes until mixture is evenly moistened. Pour onto two or three large, rimmed baking sheets lined with aluminum foil and bake 50-60 minutes or until dry, golden, and crispy, stirring 3-4 times during the baking time. Remove sheets from oven and let granola cool.

**When very cool**, sprinkle chopped dried fruit and chocolate evenly over all and mix well. (If the granola is only partially cooled, the chocolate will still melt. In which case just mix it in.) Store in a tightly-sealed container for up to a month. (This granola will not keep well in a plastic bag; use a large glass jar or Tupperware. Store up to a month.)

\*The granola bakes crispier if you *do not* heat the liquid ingredients, but it's much easier to mix with warm honey, etc.