

LULU PORK CHOP

KOD'S GRANOLA

Makes about 10 cups

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- 4 cups rolled oats (do not use instant)
- 2 cups unsalted nuts: Any combination of walnuts, almonds, pecans, pistachios, or cashews, chopped roughly or left whole)
- 1 cup raw/unsalted sunflower seeds
- ½ to 1 cup dried fruit: any combination of raisins, cherries, cranberries or blueberries (or none at all)
- ¼ cup untoasted buckwheat groats (aka kasha)
- ¼ cup untoasted sesame seeds
- ¼ teaspoon ground cinnamon
- ½ cup good-quality pure maple syrup
- ¼ cup your favorite flavor of honey, preferably local
- ¼ cup neutral oil (safflower, sunflower, and grapeseed are all good choices)

In a large mixing bowl, combine the oats, nuts, sunflower seeds, dried fruit, groats, sesame seeds, and cinnamon. Stir everything together until mixed.

Preheat the oven to 300 degrees. Line a roasting pan or a few sheet pans with parchment paper.

Pour the maple syrup, honey, and oil into a small saucepan and warm over low heat until the mixture thins, about 2 minutes. Stir to keep from burning. Do not boil the mixture.

Pour the warm mixture on top of the dry ingredients, stirring with a rubber spatula or wooden spoon until well coated.

Spread the granola on the prepared pan until evenly distributed.

Bake for a total of 45 minutes, stirring every 15 minutes to prevent burning or sticking. The granola is done when it is glistening and golden.

Let cool completely; the granola will crisp up within 30 minutes. Store in an airtight container.