

Muesli

This muesli/granola will keep in an airtight container for 2 weeks at room temperature; and if you think you might have some left, freeze it for a longer amount of time or put in an airtight container in the fridge for another week or two.

Makes 8-10 cups; active time 15 minutes, total time 2 h 45 minutes

There is a fair amount of latitude in these measurements. This particular recipe is very heavy on nuts and seeds (these total 120% of the weight of the oats), and on fruit (25% of the weight of oats). If you wish, you can reduce the proportion of nuts/seeds/fruit without adversely affecting the end result: adjust the amounts of the oil/syrup/salt/vanilla proportionally to the amount you adjust these.

The percentages at left are baker's percentages; i.e., the percentages are the amounts of the various ingredients relative to the weight of the base ingredient, the rolled oats. (e.g. if you use 300 g of oats, you would use 7% of 300 or 21g of coconut, and so on) This will allow you to scale the recipe upwards or downwards.

100%	500 g	old-fashioned (not instant) rolled oats (preferably thick cut)
7 %	35 g	unsweetened shredded coconut
6%	30 g	wheat germ
50%	250 g	sliced blanched almonds (unsalted)
38%	190 g	pepita (raw, hulled pumpkin seeds, unsalted)
32%	160 g	shelled sunflower seeds (unsalted)
8%	40 g	flax seed and/or chia seed (optional)
8%	40 g	brown sugar (or Demerera sugar) (optional)
32%	150 g	grapeseed oil (or safflower oil)
36%	160 g	maple syrup (Amber or Grade B)
0.6%	3 g	salt (approx. ½ tsp)
2.4%	12 g	vanilla
25%	125 g	chopped dried fruit (choose 2-3 from: cranberries, blueberries, apricots, figs, dates, raisins)

Preheat oven to 350°F. In a large bowl combine rolled oats, coconut, wheat germ, nuts, sunflower seeds, flax seed and brown sugar.

Warm the oil, maple syrup, salt and vanilla in a small pot. Pour oil mixture over oats and toss to combine. Spread the granola on sheet pan and bake for 30-40 minutes, until golden. Allow to cool completely (approx. 2 h) then stir in fruit.

Serve on its own or with milk or yogurt with sliced fresh fruit.



Based on *Serious Eats* Granola recipe (<http://www.serioseats.com/recipes/2012/01/granola-recipe-method-how-to-make-granola.html>) accessed 2013-09-01; this recipe revised 2016-01-11