

Granola *(Recipe by Marilyn Landry)*

4 cups old-fashioned oats

1/2 cup unsalted sunflower kernels

1/4 cup melted coconut oil

1/3-1/2 cup honey

1 tsp vanilla

1 cup sliced almonds (toast these in a pan on the stove while the oats are baking)

1/2 - 1 cup raisins, cranberries, or a mixture of these

Preheat oven to 300 degrees.

Put oats and sunflower kernels in a large bowl.

Combine next 3 ingredients and pour over oat mixture. Stir well.

Bake in a roasting pan for 45 minutes, stirring every 15 minutes.

When baking is done, stir in almonds and raisins/cranberries.

Cool completely before storing.