

Mary Kay's Granola

Another one of those Tupperware recipes decades ago. My Sister was the top consultant for decades! Love you SiS!

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Mix by hand:

- 1 cup sunflower seeds
- 1 cup chipped coconut
- 1 cup brown sugar (Be sure to break up the brown sugar clumps.)
- 1 cup pumpkin
- ½ cup sesame seeds
- ½ cup ground flax
- 1 heaping tablespoon vanilla powder
- 12 – 15 cups Rolled 7-Grain Mix

Heat & mix well:

- 1 cup olive oil
- ½-¾ cup honey

Pour over the dry mixture and stir well for about 10 minutes until all the liquids are well blended with the dry. Spread into three 9×13” pans or cookie sheets. Bake at 225° for 20 minutes, stirring every 5 minutes. If you bake on Silpro lined cookie sheets, simply roll the sides of your liner as a funnel to pour into your container. Less mess to clean up!

When golden brown, remove from oven & add nuts or dried fruit of your choice. Cool & store. I love it with yogurt, bananas & blueberries.

Now in 2022, we always roll our own soaked & dehydrated grains. Nutrition is through the roof, as well as the flavor. Be sure to do the same with pumpkin & sunflower seeds as well as your nuts. You'll love the new crunchiness!