Crunchy Granola
Makes about 6 cups

INGREDIENTS
- 3 cups old-fashioned rolled oats
- ½ cup sliced almonds
- ½ cup wheat germ
- ¼ cup whole wheat flour
- ¼ cup oat bran
- 3 to 4 tablespoons packed light or dark brown sugar
- 3 teaspoons ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon ground ginger
- ½ cup unsweetened apple juice or cider
- 3 to 4 tablespoons honey, warmed
- 1 tablespoon pure vanilla extract
- 2 tablespoons melted unsalted butter, almond oil, or vegetable oil

INSTRUCTIONS
1. Preheat the oven to 300 F. Butter or oil a baking sheet
2. Stir the oats, almonds, wheat germ, whole wheat flour, oat bran, brown sugar, cinnamon, salt, nutmeg, and ginger together in a large bowl. Whisk the apple juice, honey, vanilla, and butter together in a small bowl. Pour the wet ingredients over the dry, then toss well to mix.
3. Spread the granola on the prepared baking sheet. Bake for approximately 45 minutes, stirring the granola well every 15 minutes, until it’s a shade browner than it started and dry to the touch. It will become crisper as it cools. Cool on the baking sheet, break up any large pieces, then store in an airtight container until ready to serve.

FRUIT VARIATION
Mix your choice of dried fruits into the granola after it comes from the oven. Raisins, currants, and dried cranberries can be stirred in whole. Cut up larger fruit into small bits. A favorite of ours is dried mango, found in natural food stores and Asian groceries.

GRANOLA EMBELLISHMENTS
In creating your own special granola blend, consider adding ½ cup shredded coconut, ¼ to ½ cup sesame seeds, ¼ to ½ cup sunflower seed kernels, several tablespoons of orange or tangerine or other favorite flavors. Dry ingredients go in at the same time as the other dry ingredients and wet ones are added with the rest of the liquid mixture.

Recipe courtesy of Cheryl Alters Jamison and Bill Jamison’s A Real American Breakfast
Honey Vanilla Greek Yogurt Parfaits with Homemade Crunchy Granola
Makes approximately 2 servings

INGREDIENTS
7 oz container of 2% Greek Yogurt (or other plain yogurt if Greek cannot be found)
1 tablespoon honey, plus more for drizzling, if desired
1/2 to 1 teaspoon Vanilla extract, or vanilla bean paste
Homemade crunchy granola
Mixed berries (fresh or thawed frozen)

INSTRUCTIONS
1. Add the honey and vanilla to the Greek Yogurt and stir well to combine. (Adjust the amount of honey and vanilla depending on your tastes).
2. In a cup or bowl, layer berries, a sprinkle of granola, and spoonfuls of yogurt. Add extra drizzles of honey, if desired. Repeat for second cup or bowl.