Very Crunchy Granola

Yield: 6 cups or more, depending on how many additional ingredients you choose to add

Granola should be crunchy. Very crunchy. And here's a recipe that really works! It's very filling, so if you eat this for breakfast, especially with fresh fruit and any kind of milk or yogurt added, you'll be satisfied for hours afterwards!

Adapted from Molly Kazen's *Moosewood Cafe*

**INGREDIENTS:**

Nonstick spray for the baking tray
4 cups rolled oats
1 cup bran
1 cup sunflower seeds
1 cup almonds
Up to 1 cup other kinds of nuts, chopped
1 cup shredded unsweetened coconut
3/4 cup canola oil
1/2 cup maple syrup
1/2 tablespoon vanilla extract
1/2 teaspoon salt
1/3 cup (packed) brown sugar
1 cup pumpkin seeds (add as it cools)

**OTHER ADDITIONS:**

1/3 cup (packed) brown sugar
1 cup pumpkin seeds (add as it cools)
Dried cranberries (add after it is baked)

1. Preheat oven to 325°F. Spray a 13 X 18-inch baking tray with nonstick spray.
2. Place the oats, bran, sunflower seeds, nuts and coconut in a large bowl.
3. Combine the oil, syrup and vanilla extract, and pour this in. Mix thoroughly. (Use your hands, if necessary.)
4. Stir in the salt (and protein powder, if using), and mix thoroughly (again, use your hands).
5. Bake for 40 or 50 minutes, stirring a few times—until golden.
6. Crumble in sugar as soon as it comes out of the oven and let it melt in. Cool it on the tray, and add the pumpkin seeds and dried cranberries as it cools. NOTE: The granola will get crunchy as it cools!
7. Store it in a tightly closed jar in the freezer for maximum freshness.