

Healthy Granola

This recipe is for a healthy granola. Much of the ingredients can be organic.

There are other ingredients that can enhance the flavor and taste but could be less healthy.

Yields 25+ servings.

Ingredients:

2 cups or 2.5 lbs Organic Rolled Oats (Oat Meal), 4 tsp Honey, 1 stick Organic Butter, 1 cup or 6 oz Raisins.

1/2 tsp Vanilla Extract, 2/3 cup Brown Sugar, 2 eggs scrambled.

Directions:

In large stainless pot under low heat add Butter, Brown Sugar, and Honey, stirring until all is melted.

Remove heat for about 5 minutes and add eggs and Vanilla while stirring continuously. Add Rolled Oats (Oat Meal)

Preheat oven to 350 degrees. Mix thoroughly for about 5 minutes even if it doesn't look like it's mixing.

On three flat cookie sheets, cover with Parchment paper. Spread mixed contents on cookie sheets and place in oven.

After about 6 minutes, stir the granola. Heat till just barely a tinge of brown. Do not over bake. No smoke.

Remove and carefully pour into large bowl. Stir while adding raisins, optional dried blueberries, 1 tsp Ground Cinnamon.

To enhance granola into trail mix, add M&M's, peanuts, dehydrated banana slices. No need to add salt.

Once cool, store in air tight containers. If this will be eaten soon just store in Ziploc sandwich bags.

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