**Granola Recipe**

**(Apple, Cranberry, Cinnamon Spice Mix)**

The Base Formulation:

1. 1 cup Buckwheat Groats (optional)
2. 3 cups Rolled Oats (4 cups if no groats)
3. 10 oz. Apple Juice (Juicy Juice brand, package of 6 x 10 oz. bottles)
4. 1/3rd cup Raw Amber 100% Blue Agave
5. 3 teaspoons of Coconut Oil (will be a soft solid)

Optional Ingredients: (pre-soaking of fruit is unnecessary)

1. Three 3 oz. bags of “bare Organic Granny Smith Apple Chips”. The Apple must be broken into small pieces. To do so, use a smooth surface meat mallet and break down apple inside the bag by pounding while product is still in the bag. Do not use pointed surface of the mallet. This will put holes in the bag and you will have a mess)
2. Two 5 oz. bags of dried Cranberries (use straight from the bags)
3. One 5 oz. bag of dried Coconut (must be broken into small pieces, use a smooth surface meat mallet and break down coconut inside the bag by pounding while product is still in the bag. Do not use pointed surface of the mallet. This will put holes in the bag and you will have a mess.

Spices and/or Flavorings:

1. 3 oz. of Vanilla extract. Use vanilla extract containing alcohol only (alcohol will be evaporated away.
2. Three teaspoons of ground Cinnamon.
3. One teaspoon of ground Nutmeg.

Recipe:

1. In a large mixing bowl, add the apple juice, the agave, and the coconut oil.
2. Place in a microwave for 3 three minutes or until all the coconut oil has liquified.
3. Mix the solution so all agave has combined with the apple juice.
4. Add the vanilla, cinnamon, and nutmeg.
5. Add the groats and rolled oats and mix thoroughly.
6. Now add the finely divided coconut, finely divided apple, and cranberries (as is) and mix thoroughly. This will make about 1 gallon of mix.
7. Pour the mix into a deep metal baking pan being about 3 inches deep.
8. Place the mixture in a 230o F oven for about 4 hours. (1 hour more less based your observations)
9. Stir/turn the mixture every hour until all surfaces are equally dried. After the desired time the mix will still feel slightly moist. This is due to the coconut oil being in a liquid state at 230o F. Once the mix is cooled the coconut oil will solidify and the granola will appear dried.
10. Remove from oven and allow to cool. Place granola in a gallon Zip-lock bag for storage.
11. Granola can be stored for about 3 weeks.