

# Maple Granola

makes 8 cups

- 2/3 cup dark amber maple syrup
- 1/2 cup honey
- 1 tablespoon pure vanilla extract
- 1/2 cup toasted wheat germ
- 1/2 cup sesame seeds
- 1/2 cup shredded unsweetened coconut
- 3 1/2 cups rolled oats
- 1/2 cup green pumpkin seeds
- 1 cup mixed dried fruit, such as currants, diced pears, diced apricots, cranberries, raisins, blueberries, or chopped dates

Preheat oven to 400 °C.

Mix all the ingredients together (except the dried fruit) and coat evenly with the maple syrup and honey. Spread the granola mixture out on a baking sheet. Bake until golden brown, about 1 hour. Stir the mixture occasionally while baking so it toasts evenly.

Transfer the warm toasted granola to a large bowl and stir in the dried fruits and let cool.

Store in a tightly sealed container a room temperature for 2 weeks or freeze for up to 2 months.

# Apple Cider

- 1 qt. apple juice or cider
- 1 stick cinnamon bark (broken into sm. pieces)
- 1/4 cup nutmeg
- 1/4 cup sugar



Combine ingredients and bring to boil. Cover and simmer 10 minutes. Strain and serve hot. Use sticks of cinnamon bark, orange or lemon for garnish.