

## GOLDEN AGE GRANOLA

(from PEK)

### Ingredients

#### 1. Mix the dry ingredients in a large (huge) pan or bowl:

3 pounds rolled oats  
1 pound raw wheat germ  
1 pound chopped walnuts  
1 pound other chopped nuts (hazelnuts, pecans, cashews, almonds or a mixture)  
1 raw, chopped coconut (water drained and reserved)  
1 pound sunflower seeds  
1 pound pepitas  
1 pound brown sugar

#### 2. Mix the wet ingredients in a large (½ gallon) container:

water from the coconut  
2 cups hot water  
1 cup peanut oil  
1 cup sesame oil  
1/3 cup honey  
1/3 cup agave nectar  
1/3 cup molasses  
1/3 cup maple syrup (or, use whichever of these sugars you prefer in the proportion you desire)  
2 T vanilla

Heat the oven to 325 F. Mix the dry ingredients very well in a large roasting pan or a huge bowl. Whip the wet ingredients with a whisk or fork and pour half of it over the dry ingredients. Mix well and then pour the remainder of the wet ingredients over the batch. Mix very well with a large spoon, making certain that all the materials become uniformly moistened. Spread the cereal on cookie sheets, about 3/4 in thick, and bake for 45 – 60 min, turning with a spatula every 15 min. Let the granola cool, combine the baked batches and add some dried fruits: raisins, dates, apricots, cranberries, blueberries or banana chips ... your choice, about 1.5 pounds. Store the cereal in a large, airtight tin or vac-pack it in 1-2 pound portions.