

## **Crunchy Granola**

-Made with Lentz Spelt Farro Rolled Flakes

### Ingredients:

3 cups rolled oats  
1 cup Lentz Spelt Rolled Flakes  
4 rice cakes, crumbled (flavored rice cakes are okay)  
1 cup puffed rice or puffed millet  
1 cup sliced almonds (flavored almonds are okay)  
1 cup sunflower seeds (or hulled pumpkin seeds)  
½ cup canola oil  
¾ cup maple syrup  
2 tbsp. brown sugar  
½ tsp. cinnamon  
1 tsp. salt  
1 cup golden raisins (or any other dried fruit of your choice)

Preheat oven to 325°F.

In a large bowl, stir together the oats, spelt, rice cakes, millet, almonds, and pumpkin seeds. In a small bowl, whisk together the oil, syrup, brown sugar, cinnamon, and salt. Add the syrup mixture to the dry ingredients, and stir to blend.

Divide the mixture between two large baking sheets, spreading it in an even layer. Bake the granola for 20 minutes. Stir and bake for 15 minutes more, or until lightly browned. Cool for 20 minutes, then stir in the raisins.

Granola can be stored for up to one month in a cool, dry cupboard. Granola can be stored in freezer for up to one year.