

## Good Medicine Granola

Source: Good Medicine Bed & Breakfast Lodge in Montana (via Amanda)  
(Modified by Kai)

### Basic ingredients:

- 4-1/2 C – old fashioned oats
- 1/2 C – brown sugar
- 2 C – shredded coconut
- 1/3 C – vegetable oil
- 1/3 C – honey

### Optional ingredients (choose at least two):

- 3/4 C – pecans, chopped
- 3/4 C – sliced almonds
- 3/4 C – other nuts (e.g., walnuts), chopped
- 1/3 C – flax seed meal
- 1/3 C – sunflower seeds
- 1/2 C – cranberries
- 1/2 C – dark raisins
- 1/2 C – other dried berries

### Instructions:

- Preheat oven to 350 degrees
- Combine oats, brown sugar, coconut, pecans, almonds, and 1/4 cup vegetable oil
- Heat 2 T oil & all honey in small, heavy saucepan over medium heat until warm
- Pour over oat mixture and stir to coat
- (optional: line a deep cookie sheet with parchment paper for easy clean-up)
- Transfer to deep cookie sheet and spread evenly
- Bake until coconut & nuts are golden brown, stirring every 7 min for ~21 min
- Let cool
- Add raisins and dried fruit to oats
- Stir to combine
- Store in airtight container at room temperature