

GRAINOLA Cereal



- 3 cups Rolled Oats
- $\frac{2}{3}$ cup Wheat Middlings
- $\frac{1}{4}$ cup Whole Wheat Pastry Flour
- $\frac{1}{4}$ cup Sifted Pastry Flour
- $\frac{1}{4}$ cup Buckwheat Flour
- $\frac{1}{4}$ cup Blue Cornmeal
- $\frac{2}{3}$ cup honey
- $\frac{1}{3}$ cup oil (sunflower or coconut)

Combine the dry ingredients, mix thoroughly by hand. Add the honey and oil to the dry mixture, toss to combine.

Spread the granola in a thin layer on a greased sheet pan.

Bake at 250 F, approximately 1 – 1 $\frac{1}{2}$ hours or until crisp. **DO NOT OVERBAKE**

Toss lightly with a metal spatula every 20 minutes while baking.

Cool at room temperature.

Store in an airtight container.