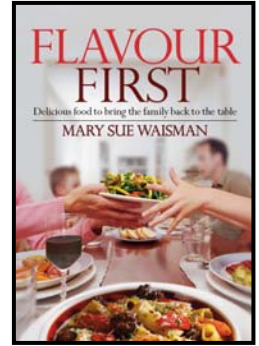


GREAT GRANOLA

The basis for many granola recipes is oats. So, what's the scoop with all the different types of 'oats'? Oats have their origin as a grass in southwest Asia and for centuries, were considered a disease form of wheat. Thankfully, modern times have come to know the goodness of oats in cooking. The whole grain of the oat is often referred to as 'groats'. In processing, groats are first roasted to develop its unique flavor and then further processed for a variety of uses.



- Steel-cut oats are simply groats that are cut into two or four pieces for faster cooking.
- Rolled oats or large flake oats are whole kernels that have been steamed to make them soft, and then pressed between rollers. The result is a thin product, which quickly absorbs water when cooked.
- "Quick-cooking" oats have been rolled thinner than rolled oats, so as to do as the name says – cook quicker.
- "Instant" oats have been rolled the thinnest and cook the quickest.

4 cups (1 L) quick cooking oats

½ cup (125 mL) EACH: sliced almonds, long-flake coconut, shelled unsalted sunflower seeds, wheat germ, wheat bran, skim milk powder

½ cup (125 mL) molasses

½ cup (125 mL) honey

1 tablespoon (15 mL) ground cinnamon

1 teaspoon (5 mL) ground nutmeg

1. Preheat oven to 350°F (180°C). Lightly grease two large baking sheets or line with parchment paper.
2. In a large mixing bowl, combine oats, almonds, coconut, sunflower seeds, wheat germ, wheat bran and skim milk powder. Stir to combine.
3. In a small saucepan, heat the honey, molasses, cinnamon and nutmeg until warmed. Remove from heat and pour over oat/fruit/nut mixture and stir well to coat dry ingredients.
4. Spoon granola onto prepared baking sheets and spread evenly.
5. Bake in preheated oven for about 15 minutes or until mixture darkens slightly. Halfway through the baking, stir the mixture to ensure even cooking and prevent scorching.
6. Remove from oven and break into large and small pieces. Cool before use or storage. If storing, do so in an airtight container. Makes: 6 cups (1.5 L)

GRANOLA TRIFLE

6 cups (1.5 L) GREAT GRANOLA

6 cups (1.5 L) vanilla yogurt

6 cups (1.5 L) cut up fruit, such as bananas, mandarin oranges, kiwi and mangoes

In a large trifle bowl, layer 3 cups of granola; top with 3 cups of yogurt and 3 cups of fruit. Repeat. Garnish with fresh mint leaves if desired. Alternatively, layer granola, yogurt and fruit into sundae classes and serve for breakfast.