



## Oregon Commodity Granola Mix

This recipe was adapted from one made by the 4-H Multiologist Club, Lincoln County, Oregon 2010.

### Ingredients:

- 4 cups old fashioned rolled oats (gluten free)
- 1 cup hazelnuts, toasted, coarsely chopped (Oregon's state nut)
- 1/2 cup wheat germ (omit if making wheat free)
- 1/2 cup oat bran (double if making wheat free)
- 1/4 cup flax seed
- 1/4 cup crystallized ginger, minced (not from Oregon, but adds a nice flavor)
- 1 cup apricot or peach nectar (like Kern's)
- 1/4 cup brown sugar
- 2 Tablespoons vegetable oil
- 1/4 cup honey
- 1/4 cup corn syrup
- 2 teaspoons ginger, ground
- 1 teaspoon cinnamon, ground
- 1/2 teaspoon salt
- 2 to 3 cups assorted dried fruit\* diced to equal size

\* Cherries, blueberries, apples, apricots, and cranberries are all commodities of Oregon. We used 1 pkg. (approx. 6 oz. size) of each fruit with the exception of the cranberries (1/2 bag, 12 oz. size) Since we doubled the batch we used all the fruit.

*"We have been studying Oregon's commodities. This recipe was adapted to create an energizing and healthy granola mix that incorporates many tasty products that are grown in our state. We doubled the batch and made one wheat free and one regular. We also used apricot nectar in one batch and peach nectar in the other. This is great as a snack or in a bowl with milk. YUM!"*

Shelley Spangler, 4-H Multiologist Club, Newport

### Directions:

1. Heat oven to 325 degrees F.
2. Mix oats, hazelnuts, wheat germ, oat bran, flax seed and crystallized ginger in large bowl; set aside.
3. Combine apricot or peach nectar, brown sugar, oil, honey, corn syrup, ground ginger, cinnamon and salt in a small bowl. Mix until well blended. Pour liquid mixture over oat mixture. Stir until thoroughly blended.
4. Spread evenly over a parchment lined 15 1/2 x 10 1/2 x 1 inch sheet pan. Bake at 325 degrees for 40 to 45 minutes, stirring occasionally until golden in color. Remove from oven and place in a large bowl. Gently stir in mixed dried fruit until evenly blended. Let cool completely. Store granola mix in a zip top bag or an air tight container.

Source: [www.cookingage.com](http://www.cookingage.com)