

The Best Granola

Yield: 2 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/norwegian-almond-bars-recipe>

Ingredients:

- 5 cups old-fashioned rolled oats or multi-grain flakes
- 3 cups almonds coarsely chopped
- 1 cup sunflower seeds
- 3/4 cup sesame seeds untoasted
- 1/2 cup light brown sugar packed
- 2 teaspoons ground cinnamon
- 1 teaspoon dried ground ginger
- 1 teaspoon sea salt
- 3/4 cup unsweetened applesauce or another unsweetened fruit puree
- 1/3 cup rice syrup
- 1/4 cup honey
- 2 tablespoons vegetable oil