

'Grainola' Granola

With label-friendly natural, non-GMO sweeteners and whole grain ingredients

Ingredients	Volume	Grams	Percent
Insta Grains® Oat Flakes	2 cups	170	8
Insta Grains® Malted Wheat Thick Flakes	2 cups	200	10
Insta Grains® Triticale Flakes	2 cups	175	8
Insta Grains® Rye Flakes	2 cups	175	8
Insta Grains® Wheat Berries, Fine	1 cup	189	9
Insta Grains® Oat Groats, Cracked	1 cup	105	5
Roasted Pumpkin Seeds	1/2 cup	50	2
Yogurt Covered Raisins	1/2 cup	57	3
Craisins	1 cup	105	5
Pecans, Chopped	1 cup	111	5
Almonds, Chopped	1 cup	111	5
Sunflower Seeds	1/2 cup	95	5
Maple Syrup	1/4 cup	73	4
Honey	3/4 cup	250	12
Vegetable Oil	1 cup	197	10
Cinnamon	1 tsp	3	<1
Vanilla	1 tsp	6	<1



Method

1. Preheat oven to 275°F.
2. Line two large baking sheets with parchment or foil.
3. Combine grains, seeds and nuts. Set aside.
4. In a separate bowl, combine wet ingredients. Pour over dry ingredients and stir until mixture is completely coated.
5. Spread on cookie sheet leaving lumps in the mixture.
6. Bake for 15 minutes. Flip mixture and add fruit.
7. Continue baking for 30 minutes. Flip mixture and bake another 30 minutes.
8. Pour onto parchment paper. Cool. Break into desired cluster sizes.

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