

Honey Granola with Quinoa

www.RoamingRosie.com

5 cups old-fashioned rolled oats
3 cups chopped walnuts
1 cup honey roasted sunflower seeds
1 cup quinoa
1/2 cup brown sugar
1 tablespoon ground cinnamon
1 teaspoon salt

3/4 cup unsweetened applesauce
1/2 cup honey
2 tablespoons vegetable oil



Preheat oven to 300°F (150°C).

In a large bowl, mix the dry ingredients: oats, walnuts, sunflower seeds, quinoa, brown sugar, cinnamon, and salt.

In a small saucepan, mix the applesauce, honey, and oil. Stir over low heat until just warmed and combined.

Pour the applesauce mixture over the dry ingredients and stir until well combined and all the dry ingredients are coated.

Pour granola evenly over two cookie sheets. Bake for one hour, stirring every 10-15 minutes.

Cool completely. Store covered for up to one month.