

Bednar's "Sunshine Happy Hippie Granola"

Makes 2 quarts granola

3 cups rolled oats
1 cup sliced almonds
½ cup pecans
½ cup pumpkin seeds
½ cup sunflower seeds
½ cup shredded coconut
¼ cup (packed extra full and a little above the top) of dark brown sugar
1 teaspoon ground cinnamon
2 tablespoons maple syrup
2 tablespoons rice syrup
¼ cup canola oil
Pinch of kosher salt
1/3 cup dried currants
1/3 cup dried blueberries
1/3 cup dried cranberries

1. Preheat your oven to 250°F. Line two baking sheets with parchment paper or a silicone sheet.
2. In a large bowl combine the oats, nuts, seeds, coconut, brown sugar and cinnamon. Mix well.
3. In a separate bowl combine the maple syrup, rice syrup, oil and salt. Add the maple mixture to the oat mixture and stir until thoroughly blended.
4. Pour the granola onto the prepared baking sheets and spread out into an even layer. Bake for about 1 hour 15 minutes (stir every 15 minutes for an even color).
5. Remove from the oven and place in a large bowl; mix in the currants, blueberries and cranberries.
6. Let cool completely, then store in an airtight container until ready to eat. To feel like you're at Woodstock serve in a Dixie cup and turn on some Hendrix. Enjoy!

Recipe courtesy of Restaurant Associates Chef William Bednar

For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>



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