

Basic Barley Granola Recipe (+Lemon) – Adapted by OSU FIC from “Chow.com”
<http://www.chow.com/recipes/30062-basic-granola>



3 C rolled barley flakes (or 2 ¼ c barley flakes with ¾ c old fashioned oats)
3 Tbl brown sugar
½ tsp cinnamon
½ tsp salt
½ C nuts
1/3 C pear juice concentrate
¼ C + 2 Tbl flax seed meal mixed with ¾ C hot water (let sit 2 min)
¼ C canola oil
1 tsp vanilla extract
1 tsp lemon juice
½ C dried fruit

- Preheat oven to 300 degrees F. Prepare a sheet pan with a piece of parchment paper.
- Place barley, brown sugar, cinnamon, nuts, and salt in a bowl and stir to combine
- Place pear juice concentrate, flax seed paste, oil, and vanilla in a small bowl and stir to combine. Pour over the barley mixture and mix until the flakes are thoroughly coated.
- Spread evenly on the sheet pan, and press down slightly with your hands or a spatula.
- Bake for 15 minutes, then rotate the pan and give the barley a small stir. Return to the oven for an additional 10-15 minutes, or until the granola is golden brown.
- Remove the pan from the oven and cool on a wire rack for about 20-30 minutes before stirring in the dried fruit.
- Store in an airtight container.