

## **Great Lakes Granola**

**Makes 3 cups**

This recipe is adapted from Sean Sherman's Turtle Island Cookbook. You can use any seeds and nuts that are available to you in your region. The recipe can be easily scaled up.

1 cup raw sunflower seeds  
1 cup raw pumpkin seeds (pepitas)  
1/2 cup black walnuts  
1/2 cup pecans or hickory nuts  
1/3 cup maple syrup  
1/3 cup neutral oil like sunflower  
3/4 teaspoon fine sea salt

Preheat the oven to 250°F. Line a baking sheet with parchment paper.

Combine the ingredients in a large bowl and mix well.

Spread on the prepared baking sheet in a single layer and bake for 30 to 40 minutes stirring occasionally,

Let the granola cool and dry before transferring to an airtight container. Use within a week.