

E-Z Trails Granola

This granola recipe is the “parent” to all PUGs. It is “engineered” for nutrition and ease of preparation. Prepare 2 batches of sweetener-coated-oats and fill 4 loaf pans (8 total) from each batch. The recipe will yield 5 gals. You can fill 5 one-gallon jars or store all in a 5 gal pail with lid. It will cost you about \$9 to make one gallon (about 30¢ a serving).

[Tip: Go to www.pugbread.com and go to the Help page on Granola (many tips & pictures here)]

Ingredients: Old fashioned rolled oats, dried chopped dates, raisins, honey, whole almonds, whole walnuts, real maple syrup, prune juice, toasted wheat germ, blackstrap molasses, wheat bran, real vanilla and cinnamon. **Yield:** 5 gals / 25 lbs / 160 ea ½ cup servings (32 servings per gallon).

Nutritional Information(see *Notes page 6) per ½ cup serving (2½ oz/71g)

Calories	TL Fat	Sat Fat	Carbohydrate			Protein	Sodium	Chol	ALL NATURAL HIGH FIBER VERY LOW SODIUM CHOLESTEROL FREE NO ADDED OIL NO PRESERVATIVES
			Fiber	Sugars	Total				
297	9g	<1g	6g	28g	50g	7g	2mg	0	

*Equipment you will need: elec or gas range and oven, 5 gal pail^②, 4 or 8 loaf pans^①, spatula, wood spoon, sauce pot, measuring cup, 5 one-gallon jars & lids (or another 5 gal pail & lid).

See the back of this page for a shopping list and guide for this recipe.

#1 MIX sweetener in a SAUCE POT on the stove (low heat)

2½ cups (30 oz) honey^③
1 cup (8 fl oz) real maple syrup
¼ cup (4 tablespoons) molasses (blackstrap)
1 cup prune juice
1 tablespoon vanilla extract (pure)

#2 MIX Dry Ingredients in a 5 gal Pail

½ bag (4½ lbs) rolled oats
2 tablespoons cinnamon

#3 POUR sweetener into Pail and MIX

#4 FILL 4 LOAF PANS^① with MIX

#5 REPEAT STEPS 1 thru 4 above

#6 BAKE (all 8 pans) at 300°F for 30-40 minutes (rotate pans every 10 minutes)
Remove from oven when oats are golden brown and let pans “cool” for 15 minutes
*Clean and dry your 5 gal pail, you need it for the next step

#7 COMBINE and MIX in the 5 gal Pail^② then TRANSFER to one gallon jars (5 ea)
④ partially filling each jar after each mixing of these ingredients (Do this step 4 times)

2 pans of baked oats	1 lb (2¾ cups) raisins	½ lb (2 cups) almonds
¼ cup wheat bran	1 lb (2¾ cups) dates (chopped)	½ lb (2 cups) walnuts
¼ jar (3 oz) wheat germ		

Notes: ①②③④

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Shopping List for E-Z Trails Granola (Yield: 5 gals)

rolled oats. You need a **9 lb** bag. Discount stores like COSTCO/PRICE CLUB are now selling these large bags. If you cannot find one, buy 3 canisters of Quaker or another brand of Old Fashioned, Regular Rolled oats (not quick or steel cut) in the 42 oz size (you will end up with a little less granola). The recipe calls for mixing two 25 cup batches of oats ($\frac{1}{2}$ of the 9 lb bag). If you use the 3 canisters you will mix two 23 cup batches (15 cups/canister). Oats cost about 60¢ - 85¢ per pound.

cinnamon. Use 2 tablespoons/batch of oats (**4 tbl** total). Supermarket spice racks sell quality brands in jars that weigh about 1.9 oz/54 grams. Each jar contains about 8 (loosely packed) tablespoons (1 tablespoon of packed cinnamon weighs approx. 7 grams). Most brands range from \$1.75- \$4 per jar. Some large discount markets also stock cinnamon in 1 lb canisters that sell for about \$3 and yield approx. 50 tbl.

honey. You need to make 2 batches of sweetener that use $2\frac{1}{2}$ cups each or a total of **5 cups** of honey (total weight = $3\frac{3}{4}$ lbs (**60 oz**)). Honey is usually sold by weight and not by volume. One cup of honey weighs 12 ounces. If you're buying one sold by volume it'll say fluid ounces or fl oz (you need 40 fl oz total). You'll find honey in a number of different sizes. Experiment with different flavors (floral sources). Each serving of granola contains about $1\frac{1}{2}$ teaspoons of honey (40 calories).

maple syrup. 2 cups (16 fl oz). Pure maple syrup is sold in jars or jugs by the fluid ounce. 8 & $12\frac{1}{2}$ fl oz are common sizes and some discount stores sell half gallon jugs (64 fl oz). Buy 100% pure. Flavor increases as color increases from light to dark.

molasses. $\frac{1}{2}$ cup of blackstrap. Molasses is commonly sold in jars of 15 or 31 fluid ounces. $\frac{1}{2}$ cup is **4 fl oz**. You might have to go to a health food store to find blackstrap, but it's what you want (the only kind with any nutritional value).

prune juice. 2 cups (16 fluid ounces). Most grocery stores stock it in jars of 32 or 40 fl oz. Try and find the "not from concentrate" and "with pulp" varieties.

vanilla. 2 tbl (1 fl oz). Use 1 tablespoon of pure extract per batch of sweetener.

Raisins. 4 lbs ($10\frac{2}{3}$ cups). Large discount stores stock the 4 lb bags of raisins. A smaller 24 oz (4 cup) bag or canister can be found in most supermarkets (you could use 3 of these). One cup of raisins (or dates) weighs 6 ounces.

dates. 4 lbs (10 cups). Use chopped (dusted with flour if possible) dates of any variety. Most supermarkets stock 8 oz boxes or 10 oz canisters (these are usually coated with dextrose). Some large stores have the flour dusted variety in bulk bins.

almonds. 2 lbs (8 cups). Use whole (shelled-unroasted) almonds available at most large discount stores or nut specialty stores.

walnuts. 2 lbs (about 8 cups). Use whole (shelled) or halves and pieces available at most supermarkets.

wheat bran. 1 cup (about 2 oz). Some larger supermarkets carry this. If you can't find it there, most health food stores will have it.

wheat germ. 1 jar of "Kretschmer's" (12 oz). This is toasted (stabilized) wheat germ. One jar is about $3\frac{1}{4}$ cups and available in most supermarkets in the cereal aisle.

Notes:

① Use *EKCO® Baker's Secret* (non-stick, dish-washer safe) bread pans (Large):(or similar) **9 $\frac{1}{4}$ X 5 $\frac{1}{4}$ x 2 $\frac{3}{4}$** available at most grocery or department stores for about \$4-5 each.

Even if you use non-stick loaf pans, coat them with some type of pan coating to help the oats release easily when de-panning. Half lecithin and half canola oil works great.

② 5 gal pail: Look in the Yellow Pages under: Containers, Molded Plastics and Pails (make sure you get one that's "Food Grade").

③ Honey, molasses and maple syrup pour better if warmed first (in hot water bath).

④ It's best to store your granola in a cool, dry, dark place.