

Inspired by the [Anahola Granola](#) company and the [Kalaheo Cafe](#).



## Kauai Granola

4 c whole grain oats  
1 c shredded sweetened coconut  
1 c chopped walnuts  
1/2 c sunflower seeds  
2 T flaxseed  
1/4 c wheat germ  
Pinch of cinnamon  
1/2 t salt  
1/3 c canola oil  
1/2 c honey  
1/4 c orange juice  
1 t vanilla

Preheat the oven to 350F. Mix together the dry ingredients from the oats through the salt. Next add in the liquid ingredients from the oil through the vanilla. Stir to combine. Line two jelly roll pans or baking sheets with parchment paper and spread the granola over the parchment in a thin layer.

Bake for 15 minutes, checking after 10 minutes to make sure the granola isn't burning. Let cool and serve or store in an airtight container.

Serving suggestions: Serve as a cereal (1/2 c granola) with lots of fruit (pineapple, papaya, bananas, strawberries, grapes, apples and oranges) and milk.

Use in a yogurt parfait.

Or slice a papaya in half and remove the seeds. Scoop plain or vanilla yogurt into the papaya and top with granola and honey.