

Do it yourself



I should probably have bed sores. Seriously. I have been

attached to the same spot on the couch since Friday afternoon. I guess you're supposed to cut yourself some slack and make out with your couch on occasion and do things like watch entire seasons of The West Wing and 30 Rock. Where's the job that allows me to do things like that all week, huh? Where? Whatever. I guess I can dream.

Speaking of dreams...in my dreams, I'm one of those people who does things like make their own ketchup and mustard. I wouldn't worry with things like how many plastic bottles, boxes and bags I'm throwing out each week. Why? Because I'd have everything stored in cute little glass containers I bought from some cute little store in my neighborhood. I wouldn't think about the amount of corn syrup in anything I'm eating because I wouldn't make anything with corn syrup. Sigh. In reality? I'm too lazy for that.

But I have moments. This weekend I was looking through one of my favorite cookbooks for inspiration and came across a recipe for granola. I had a tiny little dream that I'd start making my own and stop buying bags of the stuff at the grocery store. I mean, you guys, it's really expensive to buy bags and bags of granola each week. If I made my own each week it'd be totally cheaper, right? Well, maybe. Either way? The granola recipe pulled me away from my TV and got me inspired...at least until the Grammys come on later.

WHAT?

3 cups old-fashioned rolled oats

1 cup unsweetened shredded or flaked coconut

1 cup walnuts, coarsely chopped

1/4 cup wheat germ

2 tablespoons olive oil

1/2 teaspoon coarse salt

1/2 cup maple syrup

1/4 teaspoon ground Cinnamon

1 large egg white

1 1/2 cups dried cherries or other dried fruit of your choice

How?

Preheat oven to 300. Mix all ingredients except for egg white until mixed well. Beat egg white until frothy, then combine with dry ingredients until well distributed. Spread single layer over baking sheet lined with parchment paper. Bake for 45-55 minutes. Half way through the baking take the baking sheet out and stir granola around a bit to make sure it's cooking evenly. Once the granola is finished baking let cool completely and store in an air tight container.

Y'all? This is real delicious. I forgot to add the egg in to the recipe, so just know that if you don't have an egg or if you're vegan...it's all good. Leave it out. We'll see if I continue doing this in my effort to save the world..