Mango Banana Mac Nut Granola (or Gorp)

Makes 2 cups, about 1/2 cup per serving.

- This recipe gives you a choice of making granola to eat as cereal or on yogurt, or adding a few ingredients to create a nutrient-packed trail mix, aka "gorp" (a mixture of salty and sweet) for your next hike in the woods.
- There's little cooking involved and even younger children can help with measuring and mixing. Make it a family project — and feel free to vary the ingredients but steer clear of too many sugary ingredients.

For the granola:

1 ¼ cup Regular rolled oats
¼ cup Chopped macadamia nuts
2 T. Dry roasted soy nuts
1/2 tsp. Cinnamon
1/2 tsp. Ground ginger
Pinch salt
3 T. Honey or agave
1 T. Coconut oil *
¾ cup Coconut milk or apple juice
1 tsp. Vanilla extract
½ cup Dried mango, cut into bite-size pieces
½ cup Dried bananas, cut into bite-size pieces

1. Preheat oven to 325 degrees.
2. Line baking sheet with parchment or silicone baking liner.
3. In a medium bowl, combine the oats, macadamia nuts, soy nuts, dry spices and salt. Mix well.
4. In a small bowl, combine the honey, coconut oil, coconut milk and vanilla. Pour over the dry mix and combine, stirring well until evenly moistened.
5. Spread mixture on the greased baking sheet and bake for 15 minutes. Remove from the oven and stir, breaking the large chunks into smaller pieces.
6. Add dried mango and banana.
7. Bake an additional 8-10 minutes or until crisp.
8. Cool and store in an airtight container.