

Granola

Ingredients

Dry Mix

- 4 cups rolled oats and rolled wheat
- 1 1/2 cups shredded unsweetened coconut
- 1 cup wheat germ
- 1 cup chopped nuts
- 1 cup hulled sunflower seeds
- 1/2 cup sesame seeds
- 1/2 cup bran
- 1 cup ground toasted soybeans

Liquid

- 1/2 cup oil
- 1/2 cup honey
- 1-2 tsp vanilla

Instructions

1. Combine all dry mix ingredients in a large bowl and mix together.
2. Heat together the oil, honey, and vanilla.
3. Pour the honey-oil mixture over the dry ingredients and mix well to combine.
4. Spread mixture onto oiled cookie sheets.
5. Bake at 375°F for 20-30 minutes, stirring now and then.

Granola

MIX

4 cups rolled oats and rolled wheat
1-1/2 cups shredded unsweetened coconut
1 cup wheat germ
1 cup chopped nuts
1 cup hulled sunflower seeds
1/2 cup sesame seeds
1/2 cup bran
1 cup ground toasted soybeans

HEAT

1/2 cup oil
1/2 cup honey
1-2 teaspoons vanilla

COMBINE honey-oil mixture with dry ingredients and mix

BAKE on oiled cookie sheets at 375 degrees for 20-30 minutes stirring now and then

