Granola

Ingredients

- 2 cups rolled oats
- 3/4 cup unsweetened coconut
- 1/2 cup wheat germ
- 1/2 cup chopped nuts
- 1/2 cup hulled sunflower seeds, chopped
- 1/4 cup ground flax seeds
- 1/4 cup bran and/or macro wheat flakes
- 1/2 cup ground (coarse) roasted soy beans

Liquid Mixture

- 1/2 cup honey
- 1/4 cup soy or corn oil
- 1 tsp vanilla

Instructions

1. Heat together the honey, soy or corn oil, and vanilla.
2. Combine all dry ingredients together.
3. Pour the liquid mixture over the dry ingredients and mix to combine.
4. Spread onto a cookie sheet and bake at 350°F, stirring every 5 minutes for 15 minutes total.

Notes (from card)

- Raisins may be added.
- Chopped dates can be added if desired.
- Store-bought (sweetened) coconut can be used in place of unsweetened.

GRANOLA

2 c rolled oats
3/4 c unsweetened coconut
1/2 c wheat germ
1/2 c chopped nuts
1/2 c hulled sunflower seeds chopped
1/4 c ground flax seeds
1/4 c bran and or macro wheat flakes
1/2 c ground (course) roasted soy beans

Heat together: 1/2 c honey, 1/4 c soy or corn oil, ltsp vanilla.
Put all together and bake on cookie sheet. Stir every 5 minutes for 15 minutes. Oven 350

I added raisins. Chopped dates can be added if desired
Store coconut can be used in place of unsweetened.

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