

Mom's Granola

12 cups (6) Old Fashioned Oatmeal
2 cups (1) Raw Wheat Germ
1 Tbls. ($\frac{1}{2}$) Salt
1 cup ($\frac{1}{2}$) Raw Unsalted Sunflower Seeds (or sesame)
3 cups ($1\frac{1}{2}$) Sweetened Coconut (optional)
1 lb. ($\frac{1}{2}$) Unsalted Almonds, slivered or whole
1 lb. ($\frac{1}{2}$) Unsalted Pecan Pieces
1 lb. ($\frac{1}{2}$) Raw Unsalted Cashews
1 lb. ($\frac{1}{2}$) dried fruit pieces, blueberries are nice

2 cups (1) Honey
1 $\frac{3}{4}$ ($\frac{7}{8}$) Salad Oil
3 Tbls. ($1\frac{1}{2}$) Vanilla Extract
 $\frac{1}{2}$ cup ($\frac{1}{4}$) Brown Sugar
 $\frac{1}{2}$ cup ($\frac{1}{4}$) Water



Note: This recipe can be made with or without coconut. You can add or substitute your favorite nuts and/or fruit. Always use unsalted nuts.

In large bowl, mix oatmeal, wheat germ, salt, sunflower seeds, coconut, and all nuts.

In saucepan, mix and heat honey, salad oil, vanilla, brown sugar and water.

Stir liquid into oatmeal mixture until thoroughly blended. Spread $\frac{1}{2}$ " thick on 4 (2) greased cookie sheets (use nonstick spray).

Bake at 300°F. for 35 to 40 minutes, or until brown. Watch closely so mixture does not burn.

Remove pans from oven and cool on baker's racks. When cool, break granola into chunks. Freezes well.

This is a recipe my mom created and gave me when I left for college.