Healthy Granola Cereal
(makes about 8 cups)

4 cups Quaker Old Fashioned Oats  
1 cup wheat germ 
½ cup flax seed meal 
½ cup brown sugar 
½ cup raw sunflower seeds 
½ cup broken up pecans or walnuts 
½ cup sliced almonds 
1 cup dried cranberries or other dried fruit 
1 teaspoon ground cinnamon 
1 ½ teaspoons salt 
1/3 cup canola oil 
½ cup honey 
1 teaspoon vanilla extract 
1/2 cup warm water

1) Preheat oven to 300 degrees.  
2) In a large mixing bowl, mix together the oats, wheat germ, flax seed meal, brown sugar, sunflower seeds, pecans, almonds, dried cranberries, cinnamon and salt.  
3) In a separate bowl, whisk together the oil, honey, vanilla and warm water.  
4) Pour the wet ingredients over the dry, and mix until evenly blended.  
5) Spread evenly into a 12 x 17 inch jelly roll pan.  
6) Bake for 1 hour stirring every 20 minutes, until lightly toasted.  
   Let cool completely before packaging.

I suggest doubling this recipe. It’s delicious and makes for an addictive snack.

Judy Wright