

Granola

Ingredients:

- 4-5 cups rolled oats (quick or old fashioned, not instant)
- 1/2 cup coarsely chopped nuts (e.g. almonds)
- 3/4 cup unsweetened wheat germ
- 3/4 cup roasted sunflower seeds
- 1/4 cup cooking oil
- 1/2 cup honey
- 1 1/2 to 2 cups raisins
(or other chopped dried fruit)



Preparation:

1. In a large bowl, combine the first four ingredients (through sunflower seeds).
2. Combine oil and honey, and stir into the oat mixture.
3. Spread into a 9-by-9 inch glass pan or microwavable dish.
4. Microwave uncovered for about 10 minutes, stirring three times.
5. Stir in the fruit and allow to cool. Stir a few times during the cooling to prevent lumps.
6. Store in an airtight container.

Makes twenty 1/2 cup servings

Amount Per Serving	
Calories 210	Calories from Fat 80
% Daily Values*	
Total Fat 8g	13%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 5mg	6%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	17%
Sugars 17g	
Protein 6g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	