

## Granola

Makes about 5 cups

1 1/2 C.	Brown sugar
3.5 Tbsp	Honey
3.5 Tbsp.	Vegetable oil
1.5 tsp.	Vanilla
1/4 tsp.	Cinnamon
pinch	Salt
3 Tbsp.	Flax meal
1/2 C.	Wheat germ
1/3 C.	Oat bran
3 Tbsp.	Sunflower seeds
1/3 C.	Sesame seeds
1/3 C.	Sliced almonds, walnuts, or pecans
3 cups	Rolled oats

### Directions

Heat (or microwave) first 4 ingredients until thin. Don't burn.

Mix next 2 ingredients and add to liquid.

Mix all but oats and mix with liquid.

Add oats, mixing well, breaking clumps. Spread on a jelly roll pan or baking sheet.

Bake at 350° F for 15 minutes, stirring every 5 minutes to heat all granola evenly.

Remove from oven and stir to break clumps as it cools. Store in airtight container

Makes approximately 5 cups of granola.