

Groovy Granola

From the kitchen of Toni Truesdell

4 cups whole rolled oats	1/3 cup olive oil
1 cup wheat germ	1/3 cup molasses or liquid sweetener
1 cup chopped walnuts	1/3 cup water
1/2 cup sesame seeds	1 (6 oz.) pkg. Craisins or other dried fruit
1/4 cup brown sugar	1 tsp. Cinnamon
1/2 tsp. salt	Optional: mixed nuts, carob chips, etc.

In a large bowl mix thoroughly: oats, wheat germ, walnuts, sesame seeds, brown sugar, cinnamon and salt. Make a well and add oil, sweetener and water. Stir well, then spread evenly on a lightly oiled cookie sheet. Bake at 300° for 60 minutes. Let it cool completely, then add Craisins and mixed nuts, etc. Store in a large airtight container.

Groovy Granola recipe is a very popular snack. It's colorful, delicious, and stores well--at least it does if there is any left! It can be eaten as a cold cereal with soy or rice milk, or by the handful as a snack. Kids and adults alike love this healthy, tasty mix!