

Recipe } ALL NATURAL GRANOLA

INGREDIENTS

1 cup raw wheat germ

3 1/2 cups old-fashioned oats

1 1/2 cups chopped nuts

1/2 tbs. cinnamon

1 tbs. pure vanilla extract

1/2 cup butter, melted

1/2 cup maple syrup

1 cup dried cranberries

1 cup dried raisins

(any combination of dried fruit will work as well)

MFTHOD

- Preheat oven to 375°F
- 2. In a large bowl mix together the dry ingredients.
- In a separate bowl, mix together the vanilla, butter, and maple syrup. Add this mixture to the dry ingredients and stir until everything is evenly coated.
- Transfer mixture onto a wide flat cookie sheet or baking tray (make sure to choose one with edges). Bake for 10 minutes, then stir.
- 5. Continue to bake, stirring every few minutes until the mixture is lightly toasted and crunchy. Watch carefully to avoid burning. Baking could take 30 minutes or more depending on your stove and desired level of crunch. Remove from oven and mix in the dried fruit.
- 6. Allow to cool completely, then store in an airtight container.

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