

## RECIPES

### RECIPE: GRANOLA BREAKFAST CEREAL FROM THE KITCHEN OF: Debra Meyers

#### INGREDIENTS:

##### DRY-

8 Cup Old Fashioned Oats (rolled)  
6 Cup Rolled Wheat  
2 Cup Coconut  
3/4 Cup Slivered Almonds  
1 Cup Sesame Seeds  
2 Cup Sunflower Seeds  
(untoasted)

2 tsp Salt  
1 1/2 Cup Brown Sugar  
3/4 Cup Honey  
1 Cup Olive Oil  
1 Cup Water  
3 tsp Vanilla

#### DIRECTIONS:

Mix DRY ingredients well in very large bowl. Set aside.

Mix salt, sugar, honey, olive oil, water and vanilla in Medium saucepan on stove until dissolved.

Add liquid to Dry ingredients. Mix well. Spread granola onto 2 large cookie sheets.

Bake at 250 degrees for 2-3 hours until golden brown. Stir every 30 minutes to bake evenly.

Can serve cereal with milk or use as a trail mix.

Optional ingredients (add after cooled): raisins, craisins, choc. chips, any dried fruit, nuts, or whatever sounds Yummy!