

Photo on page 5.

Serve with milk for breakfast or as a great afternoon snack by itself.

10 cups old-fashioned rolled oats  
1 cup wheat germ  
1/2 lb. shredded coconut  
2 cups raw sunflower seeds  
1 cup sesame seeds  
3 cups chopped almonds, pecans,  
walnuts or combination  
1-1/2 cups brown sugar, firmly packed

1-1/2 cups water  
1-1/2 cups vegetable oil  
1/2 cup honey  
1/2 cup molasses  
1-1/2 teaspoons salt  
2 teaspoons cinnamon  
3 teaspoons vanilla  
Raisins or other dried fruits, if desired

Preheat oven to 300°F (150°C). In a large bowl combine oats, wheat germ, coconut, sunflower seeds, sesame seeds and nuts. Blend well. In a large saucepan, combine brown sugar, water, oil, honey, molasses, salt, cinnamon and vanilla. Heat until sugar is dissolved, but do not boil. Pour syrup over dry ingredients and stir until well-coated. Spread into five 13" x 9" baking pans, or cookie sheets with sides. Bake 20 to 30 minutes, stirring occasionally. Bake 15 minutes longer for crunchier texture. Cool. Add raisins or other dried fruit, if desired. Put in airtight containers. Label. Store in a cool, dry place. Use within 6 months. Makes about 20 cups of GRANOLA MIX.

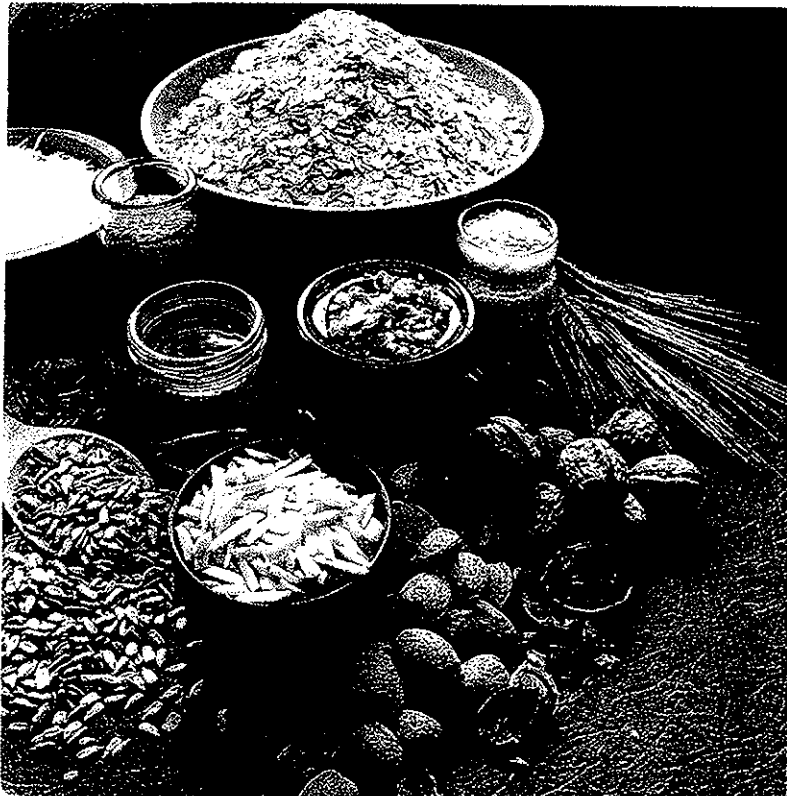
GRANOLA MIX makes:

Gruffins, page 60

Breakfast Cookies, pages 127, 168

Magic Granola Bars, pages 135, 168

1/Oats, coconut, wheat germ, sunflower seeds, sesame seeds and chopped nuts are among the healthful ingredients to include in granola.



2/Pour the syrup of honey, molasses and brown sugar over the dry ingredients and stir to coat well.

