

## Nutritious Granola

Here is a great food item to have on hand! Use it in yogurt, in a smoothie, mixed with your favorite cereal, or just by itself. Add some of your favorite dried fruit to give it some different taste.

**(1 TBSP = 37 calories)**

Prep Time: 10 min

Baking Time: 1-3/4 hours

Makes: 5 cups

**3 cups large-flake slow-cooking oats**

**½ cup peanuts**

**¼ cup sesame seeds**

**¼ cup shelled sunflower seeds**

**¼ cup sweetened shredded coconut**

**¾ cup wheat germ**

**¼ cup brown sugar**

**¼ cup vegetable oil**

**¼ cup liquid honey**

**¼ cup water**

**½ cup raisins**

**½ tsp salt (optional)**

Preheat oven to 200F. Combine the oats, nuts, seeds, coconut, wheat germ and brown sugar in a bowl. Stir together until evenly mixed.

In a small bowl, whisk the oil, honey and water together. Pour over the oat mixture until evenly coated. Evenly spread out on an ungreased 11x17 baking sheet with shallow sides. Place in the preheated oven for 1-3/4 to 2 hours until golden and slightly crispy, stirring often to ensure even baking.

Remove from oven and stir in raisins and salt. As soon as it has cooled to room temperature, pack in a tightly covered container and store in the refrigerator. Enjoy!



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