

Granola



FIELD & FORK

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA

Ingredients:

7 cups	Rolled oats
1 cup	Chopped almonds
1 cup	Wheat germ
1 cup	Sunflower seeds
1 ½ cup	Raisins (optional)
½ cup	Honey
½ cup	Oil
¼ cup	Brown sugar
2 tsp	vanilla



Directions:

1. Combine oats, nuts, wheat germ, sunflower seeds
2. In pot combine honey, oil, sugar, vanilla
3. Heat liquid mixture but do not boil, just enough to melt sugar
4. Add to oats mixture and stir
5. Spread in 2 oiled cookie pans
6. Bake at 325° for 20-25 minutes, stirring occasionally
7. Remove from oven, stir in raisins
8. Cool