

# Great Granola!

MAKES ABOUT 10 CUPS

Nutty nutrition in a delicious breakfast cereal!



**TOOLS:** Measuring cups  
Prep bowls  
Large mixing bowl  
Saucepan  
Rubber spatula  
Baking sheet  
Pot holder



## INGREDIENTS

- 5 cups rolled oats
- 1 cup flaked coconut
- 1 cup cashew pieces
- 1 cup sunflower seeds
- ½ cup wheat germ
- ½ cup sesame seeds
- ¾ cup brown sugar
- ½ cup honey
- ¾ cup cooking oil
- 1½ cups raisins

- 1 Preheat the oven to 325 degrees.
- 2 Mix the oats, coconut, cashew pieces, sunflower seeds, wheat germ, and sesame seeds in a large mixing bowl.
- 3 Put the brown sugar and honey in a saucepan. Cook over medium heat, stirring constantly until the sugar dissolves.
- 4 Pour the sugar mixture and the cooking oil over the dry ingredients. Mix with a rubber spatula until all the dry ingredients are coated.
- 5 Spread the mixture on a baking sheet. To keep the granola from burning, keep it away from the sides of the baking sheet.
- 6 Bake for 40 minutes. Every 10 minutes, remove the pan from the oven and stir the mixture so it bakes evenly. Remember to keep the granola away from the sides of the pan. The granola will be golden brown when it is done.
- 7 Remove the pan from the oven and spread the granola on foil to cool.
- 8 When the granola is cool, put it in a large mixing bowl and mix in the raisins.
- 9 Serve the granola topped with milk and, if you like, sliced fresh fruit.



## Variations

- Use your favorite dried fruit in place of the raisins. Good choices include dried cranberries, cherries, golden raisins, apples, blueberries, and yogurt-covered raisins.
- For cinnamon-flavored granola, add ½ teaspoon of cinnamon to the brown sugar and honey mixture.