

AMY'S GRANOLA

4 cup oats
(optional) 1 cup bran
(or 1/2 wheat germ, 1/2 bran)
1 cup nuts (walnuts, pecans, filberts)
1 cup raw sunflower seeds
1 cup coconut (if you don't like it, don't add it in)
1 cup raisins and/or Craisins
3/4 cup oil (Canola)

1/2 cup honey
1/4 cup brown sugar
or maple syrup
2 tsp. vanilla

Spread the oats in a big baking pan and bake at 350° 10 min.
Add everything except the fruit, mix around, and bake 10 min.
Add the fruit, stir and bake another 10 min.

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