

Connie and I have known each other since kindergarten. Here's a great recipe for the start of the school year. It makes a delicious breakfast, after-school snack or yogurt topping. Make it in our large mixing bowl, and serve in our cereal or dessert bowl. This is a much requested Christmas gift!

Connie's Granola

Mix together in large bowl:

1 cup chopped walnuts or pecans
1-½ cup whole wheat flour
7 cups rolled oats
1 cup unsweetened thickly flaked coconut
1 cup ground flaxseed or wheat germ
1 cup chopped dates, prunes, raisins, or dried cherries
1 cup chopped dried apples

Whisk together and stir into cereal:

¾ cup canola oil ½ cup brown sugar
½ cup water 1 tablespoon vanilla
¾ cup honey 2 teaspoons salt

Spread evenly on baking sheets. Bake for one hour at 275°. Store tightly covered. It also freezes well.

Beth's Tips:

- Use two baking sheets and switch their positions halfway through baking.
- Look for unsweetened coconut in natural food stores or the bulk bins at the Fresh Market.
- Make sure to buy fresh wheat germ or ground flaxseed and store leftovers in the freezer, as it can get rancid if not used promptly.