



Celebration Granola

Packed with natural goodness – make extra for healthy holiday gifts.

- 
- | | |
|--|---|
| 5 cups whole grain oats | $\frac{2}{3}$ cup brown rice syrup |
| $\frac{1}{2}$ cup almonds , sliced | $\frac{1}{2}$ cup honey |
| $\frac{1}{2}$ cup walnuts , chopped | $\frac{1}{3}$ cup canola oil |
| $\frac{1}{2}$ cup toasted wheat germ | 1 tbs cinnamon |
| $\frac{1}{2}$ cup flaked coconut | $\frac{1}{4}$ tsp salt |
| $\frac{1}{3}$ cup hulled, roasted sunflower seeds | 1 cup dried cranberries |
| | $\frac{1}{2}$ cup raisins |

- 1 Preheat oven to 250°F. Combine the first 6 (dry) ingredients in a large bowl.
- 2 In a small saucepan, combine rice syrup, honey and oil; simmer over medium-low heat until mixture is hot and well blended. Remove from heat and stir in cinnamon and salt.
- 3 Combine wet and dry ingredients until well blended and spread evenly over large, nonstick baking sheets that have been lightly coated with cooking oil spray.
- 4 Bake 10 minutes and stir, then bake another 10 minutes. Add the fruit and bake another 10 minutes. Tip: Granola should be golden, not toasted.
- 5 Allow the granola to completely cool and dry before storing in airtight containers in the refrigerator, where it will stay fresh for up to 2 months.

MAKES 22 HALF-CUP SERVINGS.

PER SERVING: 262 calories | 6g protein | 9.8g fat | 39g carbs | 4g fiber | 22mg sodium