

GOOD FOR YOU GRANOLA

Ingredients:

3 c rolled oats
1 c coconut
1 c sliced almonds
½ c toasted wheat
 germ
1/3 c maple syrup
1/3 c butter, melted

Directions:

Stir together the rolled oats, coconut, sliced almonds, and wheat germ. Add maple syrup and butter. Mix thoroughly. Spread in a jelly roll baking pan. Bake at 375° for 15 to 20 minutes, stirring once. Add crasins/raisins when done cooking if desired. Cool completely. Store in an air tight container.