



Great Grains Granola

Makes about 6 cups granola or 24 servings

Ingredients:

- 3 cups oatmeal (or part rolled wheat, soy flakes or rolled barley)
- 1½ cups wheat bran or oat bran or milled flax or sesame seeds
- 1 cup flaked coconut or wheat germ
- ½ cup chopped pecans or sunflower kernels or soy nuts
- ½ cup honey or brown sugar
- ¼ cup melted margarine, butter or vegetable oil
- ¼ teaspoon salt
- 1½ teaspoon cinnamon

Optional: 1 cup non-fat dry milk powder or soy protein isolate

Directions: Remember to wash your hands

1. Preheat the oven. Combine all ingredients and spread in an ungreased large pan with sides. Bake at 325 degrees F. for 25 to 30 minutes, stirring mixture every five minutes, until golden brown. You can also make this in a non-stick skillet, stirring over medium low heat.
2. Cool thoroughly and store in a tightly covered container in the refrigerator or a cool dry place.
3. Serve ¼ cup (one serving) with milk, yogurt, pudding, custard, ice cream, fruit or alone!

Nutrition Facts per serving: Calories - 110; Fat - 5 g; Sodium - 120 mg; Carbohydrates - 16.

Source: Sharon Davis, www.homebaking.org and www.kswheat.com

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Sharolyn Jackson, 785-532-2273

**Kansas State University Agricultural Experiment Station
and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.

