

GRANOLA CEREAL

Equipment:

Measuring Spoons

Measuring Cup

2 Qt. Glass or Microwave safe plastic bowl with cover

Wire Whip

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1/4 cup honey 50ml

1 tsp vanilla 5ml

1 tsp cinnamon 5ml

2 cups rolled oats 500 ml

2/3 cup soy nuts or coarsely 150 ml

Chopped nuts

1/3 cup wheat germ, optional 75 ml

1/4 cup packed brown sugar 50 ml

1/3 cup coconut 75 ml

1/3 cup raisins 75 ml

Procedure:

1. In a small glass measuring cup, heat honey at **P7** 30 seconds.
2. Stir in vanilla and cinnamon.
3. In a shallow 2-quart (2 L) casserole, combine oats, nuts, wheat germ, brown sugar and coconut.
4. Stir in honey mixture.
5. Cook at **P7** 6 - 8 minutes, stir twice.
6. Add raisins.
7. **To Complete:** Cool completely, stirring occasionally to crumble mixture.
8. Store in air tight container.

Note: To make granola snack, follow above procedure.

Add 1/4 cup (50 ml) oil with honey. Recipe may be doubled, however, heat in small quantities. Additions of dried chopped apricots or dates may be used.