

Dr. Wolfe's Granola Recipe

Dry Ingredients:

5 cups Old Fashioned Oatmeal
1 cup powdered milk
1 cup soy flour
1 cup sesame seeds
1 cup bran
1 cup flaked coconut
1 cup chopped walnuts

Liquids:

1 cup vegetable oil
1 cup water
1 cup honey

Instructions:

1. Mix dry ingredients together
2. Bring liquids to a boil
3. Pour liquids over dry ingredients
4. Mix until all dry ingredients are moistened
5. Spread Granola out on two 9x13 cookie sheets
6. Bake at 350° for 12-20 minutes
7. Check and mix often throughout baking process
8. When through baking, let cool
9. Add raisins or your favorite dried fruit