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CAPE COD COOPERATIVE EXTENSION

P.O. Box 367 • Barnstable, MA 02630-0367 • TEL: (508) 375-6690 • FAX: (508) 362-4518 • www.capecodextension.org

Crunchy Homemade Granola

Sweet and crunchy, this granola is great served with fruit and milk for breakfast, stirred into yogurt or added to trail mix. It's also a fun recipe for kids to help mix.

Ingredients

- 4 cups rolled oats
- 1 cup wheat germ
- 1 cup chopped walnuts or slivered almonds
- 1/2 cup sesame seeds
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 (6-ounce) package dried sweetened cranberries or other dried fruits such as cherries, raising, pineapple or papaya

In a large mixing bowl, stir together oats, wheat germ, nuts, sesame seeds, brown sugar, cinnamon and salt. Spoon the mixture into a gift jar. Top with ziplock bag filled with dried fruit.

Directions

Heat the oven to 300°. Add 1/3 cup vegetable oil, 1/3 cup honey and 1/3 cup water to the granola mix. Toss the mixture until the ingredients are well combined, then spread it evenly on a cookie sheet.

Bake the granola for 40 minutes or until lightly browned, stirring every 10 minutes to keep the mixture from sticking. Let it cool completely, then stir in the dried fruit.

Makes about 7 cups

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