

## A Recipe for You

Recipe: Heidi's Granola

From: [OurOutOfSyncLife.com](http://OurOutOfSyncLife.com)

### Ingredients:

7 cup oats	1/2 cup water
1/4 cup wheat germ	1/4 cup honey
1/4 cup flax	1/3 cup brown sugar
1/4 cup nuts (optional)	2 T oil
1/4 cup coconut (optional)	1 T Vanilla
1/4 cup raisins (optional) - Add after baking	

### Directions:

Add oats, flax, and wheat germ together and stir. In a separate microwavable bowl, combine water, oil, honey, and brown sugar and heat two minutes on high to dissolve the brown sugar. Add vanilla. Thoroughly stir in wet ingredients. Pour onto a jelly roll pan. (I mix and bake mine in a large metal mixing bowl but you have to bake it longer.) Bake 1 hour at 250, stirring every 15 minutes. Add raisins after baking. Bake additional time if granola still feels "wet."

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