

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Brenda's Granola

Ingredients:

- 4C thick cut oats
- 1C wheat germ
- ¼C sesame seeds
- 1C nuts
- ½ C coconut
- 2-3T cinnamon
- 1C molasses
- ½C coconut oil, melted

Directions:

- Pre-heat oven to 350 degrees
- Stir all ingredients together
- Spread in a jelly roll pan
- Bake 10 min, stir, 10 min, stir, 10 min, stir – Total of 30 min