

Good Morning Granola

Preheat oven to 225°F

1 C sunflower seeds or other seed

6 C *Health Valley™ Corn Crunch-Ems* cereal or other acceptable dry cereal

2 C *Perky's™ Nutty Flax* cereal or other acceptable dry cereal

½ C flax meal

⅛ tsp ground cinnamon

½ C sunflower or other acceptable oil

½ C maple syrup or other liquid sweetener

2 C dried fruit of your choice, bite size pieces

Grease a 9" x 13" baking pan. Measure the sunflower seeds, and cereals into a very large mixing bowl. On top of the dry ingredients place the flax meal. Do not mix. Place oil and maple syrup in a small saucepan and bring to a boil until it is nice and foamy. Boil for 2 minutes and remove from heat. Pour over cereal and flax mixture. Stir well to coat. Add cinnamon to taste. Pour into your greased baking pan and bake for 1½ to 2 hours, stirring every 30 minutes or so. Once the mixture has cooled completely, add 2 cups of dried fruit of your choice.



From the Author

I'll be perfectly frank with you, I invented this recipe to use up expired cereal! What started as a lark, turned out very well!

The use of sunflower seeds and flax meal add nutrition and fiber. We've used a variety of dried fruits in this granola.



This recipe fits with our fourth rotation day completely since we use dried strawberries and raspberries.

There are now a wide variety of dried fruits commercially available that lend themselves well to dry granola recipes like this one.