

Granola

Lietha Davies

6 c. old-fashioned oats

1 c. sunflower seeds (not roasted)

1 c. sesame seeds

1 c. wheat bran

1 c. wheat germ

Approx. 2 c. chopped almonds (just in half is fine, cross-wise)

1 c. honey

1 c. canola oil

Mix altogether and bake in 2 baking pans at 325 degrees, stirring several times for approx. 45 min. Keep putting it back in until it's the right 'shade' of brown! Watch carefully.