

GRANOLA

(Adapted from Granola of the Gods)

5 cups rolled oats

1/2 cup brown sugar (I used Brown Sugar Splenda)

1/2 cup whole wheat flour

1 cup nuts, slightly chopped (almond and walnuts!)

1/2 nonfat dry milk

1/2 cup coconut (optional)

1/3 cup vegetable oil

1/3 cup honey

1 egg

1 tsp. vanilla

water

1/2 cup Raisins or Craisins.

Instructions:

Preheat oven to 225 degrees F. Mix dry ingredients together (except raisins). In a separate bowl, whisk wet ingredients together. Pour wet over dry and mix. Spread on a jelly roll pan or in a 13 x 9 pan. Sprinkle with about 2 T water. Bake for 45 minutes, stirring twice during baking. If you'd like it dryer or crunchier, increase oven to 300 degrees and bake for another 20 minutes or until more golden. Turn off the oven, and allow the granola to cool. The granola can be removed from the oven right away, but won't be a crunchy. When it's cool, add the raisins or craisins as desired. Store in an airtight container.