

## Kathy's Holiday Granola

Serving size: ½ cup

Serves: 16

### Ingredients:

5 cups rolled oats  
½ cup wheat germ  
½ cup pumpkin seeds, unsalted  
½ cup sunflower seeds, unsalted  
½ cup walnuts, chopped  
2 teaspoons cinnamon  
¾ teaspoon salt  
¼ cup olive oil  
¼ cup local honey  
1 teaspoon vanilla  
½ cup raisins  
½ cup dried cranberries

### Directions:

Preheat the oven to 325 degrees. Combine the oats, wheat germ, pumpkin seeds, sunflower seeds, walnuts, cinnamon and salt. Stir well. In a separate small mixing bowl stir together the olive oil, honey and vanilla. Combine the oil mixture with the oat mixture and stir well to coat. Line a baking sheet with parchment paper leaving about 2 inches extra on each side to allow for easier stirring. Spread the mixture out in a single layer.

Bake in the oven for 15 minutes. Do not over brown. Stir and return to the oven and continue baking for an additional 10 minutes until golden brown and the kitchen smells delightful. Remove the granola to the top of the stove. Turn the oven off and allow it to cool to 200 degrees. Stir the granola. When the oven is at 200 degrees, return the granola to the oven to dry for approximately 15 minutes. This will improve the crunch of the cereal.

Remove from the oven and allow to cool. Stir in the raisins and cranberries. Store in a sealed container with a tight-fitting lid for up to 2 weeks.

### Exchanges per serving:

½ Medium Fat Meat, 1 Starch, ½ Fruit, 2 Fats

### Nutrients per serving:

Calories: 249  
Calories from fat: 101  
Total Fat: 12g  
Cholesterol: 0mg  
Sodium: 113 mg  
Total Carbohydrate: 32g  
Dietary Fiber: 4g  
Protein: 7g