

Awesome Granola

Ingredients:

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| 3 cups oatmeal, uncooked | ¼ cup honey |
| ½ cup shredded or flaked coconut | ¼ cup liquid margarine |
| 1 cup chopped pecans,
walnuts, or peanuts | 1½ teaspoon cinnamon |
| | ⅔ cup raisins |

Preparation:

1. Heat oven to 350°F. Combine all ingredients, except raisins, in a large bowl and mix well.
2. Bake in a 13x9 inch baking pan for 25-30 minutes or until golden brown. Stir every 5 minutes.
3. Stir in raisins. Cool thoroughly. Store in a tightly covered container.

Electric Skillet Directions:

1. Combine all ingredients, except raisins, in a large microwave-safe bowl and mix well.
2. Set electric skillet at 300°F. Add mixture and stir mixture constantly until lightly browned.
3. Place mixture in a bowl and stir in raisins. Cool thoroughly. Store in a tightly covered container.

Microwave Directions:

1. Combine all ingredients, except raisins, in a large microwave-safe bowl and mix well.
2. Place in an 11x7 inch glass baking dish.
3. Cook on HIGH about 8 minutes or until golden brown, stirring after every 2 minutes of cooking. Stir in raisins.
4. Place mixture onto ungreased cookie sheet or aluminum foil to cool. Store in a tightly covered container.

Yields 10 servings

Nutritional Information Per Serving: 250 calories, 4g protein, 30g carbohydrate (4g fiber), 14g fat, 0mg cholesterol, 50mg sodium

Source: U.S. Department of Agriculture

