

Mabel White's Basic Granola Recipe

(This recipe yields 8 servings)

3 Cups of Regular rolled oats
1/2 Cup of Wheat germ
1/4 Cup of Honey, Agave Nectar or Maple Syrup
1/4 Cup of Vegetable Oil
1 tsp. Ground cinnamon
1 tsp. Vanilla or 1/2 tsp. Almond extract
3/4 Tsp of Sea Salt
Nonstick spray coating

In a large bowl combine all ingredients with other preferred ingredients; mix well.

Spray a 15x10x1-inch baking pan with nonstick spray coating. Spread oat mixture evenly in pan. Bake in a 250 degreesF oven about 60 minutes or till golden brown, stirring occasionally. Spread onto foil to cool. At this time you may want to dust the freshly baked granola with **powered vanilla**. Store in an airtight container in the refrigerator up to 2 weeks.

This recipe does allow for one cup of fruit and/or nuts. Options are endless nut include: Almonds, Pecans, Walnuts, Dried Apple Slices, Sunflower Seeds, Cashews, Dried Cranberries, Strawberries and/or Blueberries, Raisins, Dates, or shredded Coconut.

Brown Sugar, Nutmeg, Allspice, and coconut extract can also be considered. In the oil section you can add a few drops of flavored oils.

Flavor Oils: In this respect you can achieve **gourmet flavors** such as Macadamia Nut, Butterscotch, Coconut, Smore (Vanilla and Chocolate,) Cherry, Almond, Butter Pecan and Pistachio. See Mabel White Dot Com for flavor oils.