

HOMEMADE GRANOLA

1 ½ c rolled oats (not instant)
½ c shelled sunflower seeds
½ c raisins or dried cranberries
¼ c slivered almonds
2 tbsp melted butter
1 tbsp oil
1 tbsp molasses
2 tbsp light corn syrup

1. Preheat oven to 375 degrees.
2. In a large bowl, combine oats, sunflower seeds, raisins & nuts.
3. In a small bowl, combine melted butter, oil, molasses & corn syrup.
4. Pour butter mixture over the oat mixture and stir well.
5. Spread the granola into a 9"x13" baking pan.
6. Bake 10 minutes.
7. While the granola is baking, stir 1 or 2 times to help it dry out and keep it from burning.
8. Remove the granola from the oven and stir again.
9. Let it cool before eating and store the leftovers in an airtight container.

Recipe courtesy of Ontario Association of Agricultural Societies from the publication "Fair Play for a Rainy Day".

