

GRANOLA

MIX TOGETHER.

7 cups rolled oats
1 cup bran
1 cup sunflower seeds
½ cup sesame seeds
1 cup slivered almonds
2 cups shredded unsweetened coconut

BLEND TOGETHER

1 cup water
½ cup raw cashews
2 cups pitted dates
1 can unsweetened pineapple juice
2tsp vanilla extract
1tsp almond extract
1tsp lemon extract
1tsp orange extract
1 tsp coriander or ground cinnamon
½ tsp salt

ADD AFTER COOKED

2 cups raisins or dried cranberries

Add blended ingredients to dry ingredients, mix well.
Spread into 2 or 3 pans and bake overnight at 170 degrees.
Will be crunchy and delicious in the morning