



Grandma Jo's Granola

Ingredients:

½ wheat bran



½ cup wheat germ



½ cup whole wheat flour



½ cup sesame or sunflower seeds



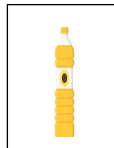
½ cup dried milk



3 cups rolled oats



½ cup vegetable oil

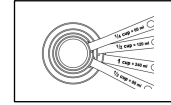


½ cup honey

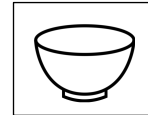


Supplies:

Measuring cups



Large bowl



Wooden spoon



Baking pan



Steps:

1. Preheat oven to 300 degrees F.
2. Put the bran, wheat germ, whole wheat flour, sesame seeds, dried milk and oats into the large bowl. Use your hands to mix all of the ingredients together.
3. Add $\frac{1}{2}$ cup of oil and all the honey.
4. Rub a little bit of oil onto your hands. Use your hands to mix the ingredients. Mix until all of the ingredients are well mixed.
5. Pour the granola into a baking pan and spread evenly over the bottom of the pan.
6. Cook in oven at 300 degrees F for 10 minutes.
7. Stir the granola and then cook again for another 20 to 30 minutes. Stirring every 10 minutes.
8. Let granola cool for 10-15 minutes then enjoy!