

## Tropical Granola

8 c ..... Old Fashioned Thick Rolled Oats  
0.75 lb ..... Tropical Fruit Medley (from Vitamin Cottage)  
½ c ..... Crystallized Ginger  
1 c ..... Raw Coconut  
1 c ..... Raw Macadamia Nuts  
¼ c ..... Flax Seeds  
1 c ..... Raw Sunflower Seeds  
½ c ..... Corn Oil  
½ c ..... Honey  
1 Tbs ..... Vanilla



1. Pre heat oven to 300°F.
2. Dice fruit into ¼" pieces and add to oats in a large mixing bowl.
3. Dice ginger into 1/8" pieces before measuring and add to oat mixture along with nuts and seeds.
4. Add oil and vanilla and mix well.
5. Drizzle honey in parts while mixing.
6. Place on 2 sheet pans lined with foil and place in oven for 10 minutes.
7. Remove from oven and stir.
8. Place back in oven for 6 minutes then remove and stir again.
9. Repeat until golden brown. About 30 minutes.

I found all of the ingredients at Vitamin Cottage. If you don't like one of the fruits in the tropical fruit medley then you can get each of the ingredients by themselves so you can leave one out or replace it with something else. You can also replace or delete any of the seeds or nuts. You can cut back on the honey by adding ¼ c brown sugar with ¼ c honey to give it a maple flavor.

Granola is a great way to get lots of fiber, protein and energy for the day. As I have said before oatmeal is good for lowering cholesterol.

Be creative, have fun and enjoy!!!