

# THE INN AT MT. BAKER GRANOLA

## INGREDIENTS:

- ~ 2 CUPS REGULAR ROLLED OATS
- ~ 4  $\frac{1}{4}$  CUPS WHEAT FLAKES
- ~ 1/3 CUP UNSWEETENED SHREDDED COCOANUT
- ~ 1 TBSP SESAME SEEDS
- ~ 1/3 CUP SUNFLOWER SEEDS
- ~  $\frac{1}{2}$  CUP CHOPPED PECANS
- ~  $\frac{1}{2}$  CUP SLICED ALMONDS
- ~ 1/3 CUP MAPLE SYRUP
- ~ 1/3 CUP SUNFLOWER OIL
- ~ FEW DROPS VANILLA EXTRACT

## DIRECTIONS:

PREHEAT OVEN TO 250. MIX TOGETHER ALL BUT THE MAPLE SYRUP AND OIL. PUT THOSE IN A SMALL BOWL FOR MICROWAVE OR POT FOR STOVE AND HEAT TILL SIMMERING. ADD VANILLA TO SYRUP AND OIL. POUR OVER OTHER STUFF. MIX WELL. BAKE FOR ONE HOUR MIXING EVERY 20 MINUTES.

Visit us on the Web at: <http://www.theinnatmtbaker.com>