

Apple Almond Granola

Ingredients

8 cups uncooked old-fashioned oatmeal
1 cup raw sunflower seeds
1 cup chopped almonds
1 (6-ounce) can unsweetened apple juice concentrate, thawed
1 cup chopped dried apples

Method

In a large bowl combine oatmeal, sunflower seeds and almonds. Stir to mix well. Pour apple juice concentrate over mixture and blend well. Spread out in a thin layer on dry cookie sheets. Bake in a preheated 325 degree oven for 30 minutes. Stir every 5 minutes to prevent burning around edges of pan. Remove from oven when oatmeal is golden brown. Pour hot granola into a large bowl and add dried apples. Stir well and cool completely. Refrigerate in airtight containers. Yields 10 cups.

Note

Calories: 234, total fat: 9g, dietary fiber: 5g, protein: 8g, zinc: 11 percent