

# Vegan Apple Granola

## Ingredients

8 cups old-fashioned oatmeal, uncooked  
1 cup raw sunflower seeds  
1/2 cup chopped walnuts  
1 (6-ounce) can unsweetened apple juice concentrate, thawed  
1 cup chopped dried apples

## Method

In a large bowl combine oatmeal, sunflower seeds and walnuts. 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 or 20 servings.

## Note

Calories: 230, total fat: 7g, dietary fiber: 5g, protein: 8g, iron: 12 percent