

## MULTI-GRAIN GRANOLA

This recipe is a sweeter granola and is great for snacking and cereals.

2 cups rolled oat groats 1 cup honey  
2 cups flaked wheat berries  
1/2 cup sunflower seeds  
1/2 cup rye flakes  
1/4 cup sesame seeds  
1/2 cup barley flakes  
1 cup raisins  
1/2 cup powdered milk  
1 cup dried banana chips  
1/2 cup sunflower oil



1. In a large bowl, mix the rolled oats, flaked wheat, flaked rye and flaked barley.
2. On low heat mix together sunflower oil and honey. Stir until blended and easy to pour.
3. Add to the flaked grain mixture, powdered milk, oil and honey mixture. Mix well until all of the dry ingredients are coated.
4. Bake in a preheated 300F oven for 50 minutes. Stir the mixture every 15 minutes. Add the sunflower and sesame seeds during the last 10 minutes.
5. Remove from the oven, transfer to a large bowl and let the mixture cool. Add raisins and banana chips. Store in an airtight container at room temperature.

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