

Dad's Granola

from Charles Morello

Mix together in a mixing bowl:

2 cups oatmeal (regular, not quick)

½ cup wheat germ

¼ teaspoon salt

1/3 cup almonds

1/3 cup sunflower seeds

In a small saucepan, mix:

2 tablespoons honey

2 tablespoons vegetable oil

2 tablespoons molasses

Heat to boiling.

Add ½ teaspoon vanilla.

Add honey mixture to mixing bowl. Mix well.

Spread mixture onto a cookie sheet.

Cook at 250° for 30 minutes. Stir.

Cook another 15 minutes.