

Ingredients

4 cups rolled oats	1/2 cup honey
1 cup sliced almonds	1 tsp vanilla
1 cup chopped walnuts	1 Tbsp cinnamon
1 cup raisins	
1/2 cup wheat germ	
1/2 cup ground flax seed	
1/3 cup canola oil	

Instructions

Mix oats, almonds, walnuts, raisins, wheat germ and ground flax seed. In another bowl mix oil, honey vanilla and cinnamon. Pour the wet mixture over the dry mixture and stir until combined. Bake at 300 degrees for 15-25 minutes. Store in a container at room temperature.

Nutrition Information Per Serving

Serving Size: 1/4 cup

Makes 11 cups

Calories: 103

Fat: 5 gm

Sodium: 28 mg

Fiber: 2 gm

Carbohydrates: 13 gm

Protein: 3 gm

Sugars: 5 gm