

Ingredients

3 cups rolled oats
2 cups raisins
1/2 cup toasted wheat germ
1/2 cup chopped walnuts, toasted
1/2 cup chopped almonds, toasted
1/4 cup sunflower seeds

Instructions

Combine all ingredients in a large bowl; mix well. Store in an airtight container. Keep up to 2 months. You can serve this with cold soy milk, or add soy milk and heat in the microwave to eat warm. Add fresh fruit to make it even more delicious.

Nutrition Information Per Serving

Serving Size: 1/2 cup

12 servings

Calories: 230

Fat: 8 gm

Sodium: 10 mg

Fiber: 5 gm

Carbohydrates: 34 gm

Protein: 6 gm