

## Ingredients

1 1/2 cups rolled oats  
1 cup raisins  
1/4 cup toasted wheat germ  
1/4 cup chopped walnuts, toasted  
1/4 cup chopped almonds, toasted  
1/8 cup sunflower seeds

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## 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

6 servings

Calories: 230

Fat: 8 gm

Sodium: 10 mg

Fiber: 5 gm

Carbohydrates: 34 gm

Protein: 6 gm