

Joella Bella's Crunchy Granola
Created by Joanna Mackenzie
Featuring Psyllium, Oat Bran, Oats, Flaxseed and Wheat Germ
From United States of America

Ingredients

1. 6 cups old fashioned rolled oats
2. 1 cup oat bran
3. 1 cup ground psyllium husks
4. 1 cup flaxseeds
5. 1 cup ground flaxseed
6. 1/2 cup wheat germ
7. 1.5 cups coconut
8. 1 cup chopped walnuts
9. 1 cup chopped almonds
10. 1 cup canola oil
11. 1 cup applesauce
12. 1 TB vanilla
13. 1 TB cinnamon
14. 3/4 cup honey
15. Cooking spray (optional)



Granola was invented in the mid 1800s, but became popular in the 1960s, during the hippie movement. This versatile food serves as a topping for many foods, such as yogurt, or may be eaten as a snack or breakfast.

Nutrition Facts: Serving size ¼ cup (40g)

130 calories, 81 calories from fat, 13g carbohydrates, 5g fiber, 4g sugar, 9g fat (1g sat. fat, 8g unsaturated fat, 0g trans fat), 3g protein.

Carbohydrate Exchanges: 1 starch, 2 fats

Recipe cost: \$12.08

Cost per serving: \$0.22

Directions (Estimated time to complete: 60 minutes)

1. Preheat oven to 350° .
2. Mix ingredients 1-9 in a large bowl.
3. Mix ingredients 10-14 in a small saucepan and bring to a boil to form a sauce.
4. Pour sauce over dry ingredients, and stir until dry ingredients are well coated with sauce.
5. Spread granola on two cookie sheets, forming a thin layer on each sheet.
6. Bake for 10 minutes. Stir granola. Switch position of the cookie sheets.
7. Bake 10 more minutes. Stir granola.
8. May bake additional 5 minutes or until granola is golden brown.
9. Let rest on cookie sheets until granola is cool. Store in airtight container.
10. For longer shelf life refrigerate or freeze granola. Makes 14 cups granola (56 servings).