

COCONUT & GRANOLA SNACK MIX

MAKES 6 SERVINGS

1/2 cup canola oil
1 cup sunflower seeds
1/2 cup honey
1 cup raisins
1 tsp vanilla
3/4 cup sesame seeds
2 cups quick or old fashioned oatmeal,
uncooked
1/2 cup walnuts, chopped
1/2 cup Snowflake Coconut
2 cups wheat flakes

Preheat oven to 350 degrees F. Combine all dry ingredients and mix well (do not break up the wheat flakes).

Heat oil, honey and vanilla in a large saucepan. Remove from heat and mix in the other ingredients. Stir until everything is coated well. Spread in a 13 x 9 inch baking pan and bake for 15 to 20 minutes or until golden brown. Allow to cool before removing from pan. Store in air tight container.