



## ***MyPlate2Yours Granola***

*MyPlate2Yours - Lynn Dugan*

### ***Ingredients***

6 cups oatmeal (do not use quick or steel-cut oats)  
1 cup unsweetened shredded coconut  
1 cup Grape-Nuts cereal  
3/4 cup slivered almonds  
1/2 cup sunflower seeds  
1/4 cup brown sugar  
1/2 cup honey  
1/2 cup safflower oil  
1/3 cup water  
1-1/2 teaspoon vanilla extract  
1 teaspoon salt  
1 cup dried cranberries or cherries

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### ***Directions***

Combine the first 5 ingredients. Combine other ingredients (except dried fruit). Pour over cereal mixture. Mix to coat well. Spread onto 2 greased baking sheets and bake at 325°F for 30 minutes. Stir every 10-15 minutes. Remove from oven and add dried fruit. Allow to cool completely before storing in an airtight container. Enjoy!