

## ***Low Fat Granola***

7 Cups old fashioned oats  
1/2 Cup unsweetened shredded coconut  
1/2 Cup wheat germ  
1 1/2 Cups nuts (I like walnuts)  
2 tsp cinnamon  
2 Cups dried fruit (I prefer it a little lighter, so I use 1 1/2 cups raisins)  
1/2 Cup plus 3 Tbsp of honey  
1/3 Cup Molasses  
1 tsp vanilla

Mix dry ingredients together well in large bowl. Place honey, and molasses in a small pot, heat just to make runny, do not boil. Add vanilla and mix well. Drizzle over oat mix in bowl, mixing as you go. Mix well to coat. You can work through with your hands if you like but makes you very sticky!

Spread in two large flat pans with sides (I have cookie sheets with sides). Set oven to 325 and bake for 20-30 minutes, making sure to stir every ten minutes. Cool. Store in a cool, dry place for up to four weeks.

NOTE: You can dehydrate this recipe at highest setting until no longer sticky. I find this takes an awfully long time, though. I prefer the oven. You can also bake in the oven for longer at a lower temperature.