Homemade Granola

3 cups rolled oats, quick cooking or old fashioned
(use old fashioned oats if you prefer a high fiber taste, texture, and nutritional value)
1 cup wheat germ
½ cup flaked coconut

½ cup shelled sunflower seeds
1 cup coarsely chopped nuts (choose from walnuts, pecans, almonds)
½ cup raisins or dried cherries (optional)
¼ cup vegetable oil
¼ cup honey
2 teaspoons vanilla or almond extract

1. Preheat oven to 275°F.
2. In a large bowl, mix together rolled oats, wheat germ, coconut, sunflower seeds and nuts. In a separate bowl or a glass measuring cup, mix together oil, honey, and flavoring of choice. Pour over oat mixture and stir until lightly evenly mixed.
3. Spread mixture on a 15x10x1 inch-baking pan.
4. Bake for 1 hour stirring every 15 minutes.
5. Cool and break up lumps. Store in an airtight container or plastic bag.
6. If desired add favorite dried fruit after baking.

Makes 18 servings, 1/3 cup each.

Nutritional Information per serving: 220 calories, 12 grams fat, 2 grams saturated fat, 0 mg. cholesterol, 24 grams carbohydrate, 4 grams fiber, 10 mg. sodium. (Analysis uses old-fashioned oats.)