



MAPLE GRANOLA

½ cup vegetable oil
½ cup McLure's Pure Maple Syrup
1 tsp. vanilla
2 cups quick oats
2 cups Total cereal
1 cup sunflower seeds
¾ cup sesame seeds
½ cup nuts
½ cup coconut
½ cup wheat germ
1 cup raisins

Combine all ingredients, except raisins. Spread in greased 13x9x2" pan. Bake at 350°F about 20 minutes. Stir in 1 cup of raisins. Yields about 8 cups.